



MARK PERREN-JONES SPA TRAINING ACADEMY

Deep Tissue Massage Sequence

Table-side quick reference guide

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NCBTMB Approved Continuing Education Provider #1805

How to use this guide

This guide follows the course sequence but does not replace intake, consent, anatomical knowledge or clinical judgment. Select only the regions and techniques appropriate for the client on the day.

BEFORE YOU BEGIN

Review health history; screen for red flags; agree on the treatment goal; explain sensitive-area work; confirm draping, position and pressure preferences.

Suggested session map

Phase	Approximate share	Purpose
Opening and broad preparation	10%	Settle, assess and establish pressure.
Primary focus region	35-45%	Address the client's main goal without rushing.
Related / balancing regions	30-40%	Integrate surrounding areas and movement.
Closing and reassessment	10%	Return to broad contact and review response.

A sequence is a map, not a rule. A focused 60-minute session may omit several regions; a longer session may include more integration.

1. Opening - prone

Step	Action
Confirm	Comfort, goals, consent, areas to avoid and pressure language.
Palm walking	Broad rhythmic pressure over the drape.
X-arm stretch	Slow diagonal contact across the back; no forced range.
Myofascial contact	Low-glide elongation beside the spine.
Rocking / rotation	Gentle movement to settle and assess.
Butterfly stroke	Broad integration before uncovering the back.

SAFETY CHECK

Keep the spine, ribs and kidney region free from concentrated pressure.

Completed / modified notes

2. Back sequence

Step	Action
Drape and apply medium	Expose only the back; use enough product for control.
Warm	Figure-eight and scissor-style strokes.
Long glide	Lumbar toward shoulders, returning broadly.
Focused paraspinal work	Supported thumbs or fingers beside - never on - the spine.
Scapular work	Fanning and careful border work with clear consent.
Forearm work	Broad contact over suitable musculature.
Integrate	Return to slow, broad glides.

SAFETY CHECK

Do not force under the scapula. Avoid the axilla and concentrated pressure over bone or vulnerable structures.

Completed / modified notes

3. Posterior arm, hand and wrist

Step	Action
Position	Place the arm comfortably; do not force the shoulder.
Palm pressure	Broad compression along suitable muscle tissue.
Forearm / supported thumb	Slow work with joint stacking.
Hand and wrist	Circles, finger work and comfortable movement.
Return to back	Use broad strokes to reconnect the region.

SAFETY CHECK

Avoid the cubital tunnel, irritated tendons and areas of tingling or altered sensation.

Completed / modified notes

4. Posterior legs

Step	Action
Screen	Ask about calf pain, swelling, recent travel, injury and varicose veins.
Warm	Broad glides and kneading from ankle toward proximal thigh.
Hamstrings	Hands, soft fist or broad forearm where appropriate.
Calf	Broad contact; avoid the popliteal space and aggressive Achilles work.
Movement	Gentle knee flexion, ankle movement and comfortable stretch.
Finish	Double-hand sweeping strokes and secure re-draping.

SAFETY CHECK

Unexplained one-sided calf swelling, warmth, redness or pain may indicate DVT: do not massage; recommend prompt medical assessment.

Completed / modified notes

5. Turn supine

Step	Action
Explain	Tell the client how to turn before changing supports.
Protect draping	Maintain coverage throughout the turn.
Reposition	Support knees and head as required.
Recheck	Confirm comfort, temperature and readiness.

SAFETY CHECK

A position change is a new comfort and consent checkpoint.

Completed / modified notes

6. Anterior legs

Step	Action
Warm	Long broad strokes over the quadriceps.
Focused work	Kneading and broad forearm pressure over suitable muscle.
Knee region	Work around, not on, the patella and vulnerable structures.
Lower leg	Use controlled contact; avoid tibial crest and fibular head.
Movement	Comfortable ankle, knee, hip and hamstring movement.
Re-drape	Cover the leg completely before changing regions.

SAFETY CHECK

Do not use aggressive direct pressure on the IT band. Consider the surrounding hip and thigh musculature.

Completed / modified notes

7. Arms and hands - supine

Step	Action
Warm	Long strokes from hand toward shoulder.
Muscle work	Forearm, palm and supported-thumb contact.
Hand	Palm, dorsum and finger work.
Wrist	Comfortable rotations and flexion / extension.
Finish	Gentle traction and relaxed shake-out.

SAFETY CHECK

Stop if symptoms radiate, tingle, burn or become numb.

Completed / modified notes

8. Neck, shoulders and upper chest

Step	Action
Consent and drape	Explicitly agree on upper-chest work and secure the drape.
Shoulder girdle	Broad contact before focused technique.
Posterior / lateral neck	Support the head; use slow, controlled contact.
Traction / movement	Gentle and within a comfortable range.
Integrate	Broad shoulder contact and quiet closing hold.

SAFETY CHECK

Avoid deep anterior-neck pressure and the carotid region. Stop with dizziness, nausea, visual changes or neurological symptoms.

Completed / modified notes

9. Close and reassess

Step	Action
Restore	Remove excess product if needed and restore full draping.
Pause	Allow quiet time before asking the client to sit.
Reassess	Ask what changed and whether anything feels irritated or unusual.
Aftercare	Offer simple guidance within scope; avoid detox claims.
Document	Record regions, pressure, modifications and response.

SAFETY CHECK

Unexpected or worsening symptoms should be documented and referred appropriately.

Completed / modified notes

Quick completion checklist

- Client goals and health changes reviewed
- Ongoing consent confirmed
- Pressure remained useful and tolerable
- Draping remained secure
- Focused areas were integrated broadly
- Client response reassessed
- Session documented
- Referral or follow-up recorded when needed

REMEMBER

The sequence supports your judgment; it never replaces it. Slow down, omit what is unnecessary and respond to the person on the table.