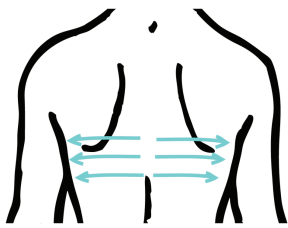


Carpal Tunnel Relief

To be used in conjunction with other labour sheets in this series

1 Stuck Liver Qi Release

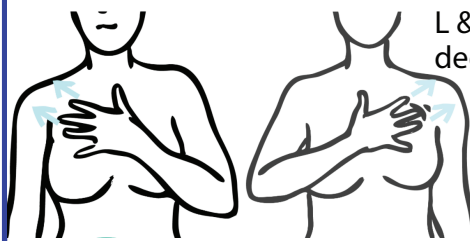


Slow deliberate gentle, Pick up and walk skin from spine to sides.

3x each side - and sweep off on closing.

2 Upper Chest Release

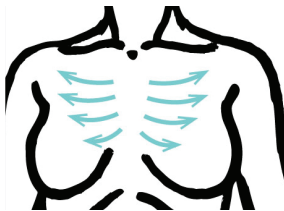
Using warm loving hands, slowly and gently.



Alternatively work on L & R sides **3x** moving deeper each time.

Avoiding breast tissue, always slowly for her comfort.

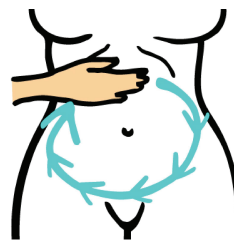
3 One side at a time, beginning very gently alternating sides, gradually deepening move



Little oil between the rib spaces

3x each side repeat as you like

4 Gentle Round & Round



Feather touch

9x initially

Finger pads slow gentle always clockwise.

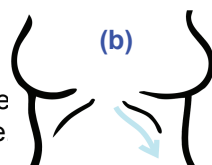
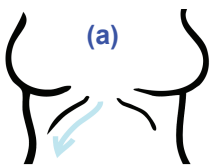
x1 in between each belly/chest move .

Gentle lymphatic drainage

Using warm loving hands, slowly and gently work on the L & R sides alternatively **3x** each going deeper each time, always slowly for her comfort.

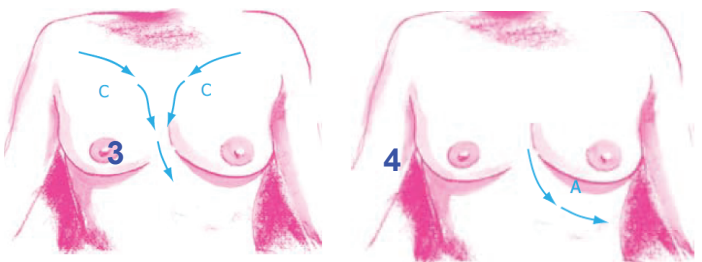
Position 1 & 2- using the flats of your finger pads **LHS 3x** under the ribs repeat **RHS 3x** . **Position 3** - Using the flats of both hands gently and firmly-use fluid movements in diagrams 3 & 4. **Repeat x3. Repeat chest moves as above**

5 Begin upper right, then upper left After clearing upper & 1 belly round, repeat for lower belly.



One side at a time

6 Upper Body Lymphatic Drainage



7 Flank Gouge



Beginning very gently, either with her sitting or lying with pillows under chest & shoulders to lessen pressure on heavy breasts. Avoiding breast tissue, glide fingers from front of ribs back keeping finger pads in the spaces.

Repeat many times. Slightly deeper each round. As the swelling decreases, repeat all moves from the top, ending with flicking off the back gently.

