

Hand Self-Shiatsu for Sleep Problems

Shiatsu Therapy:

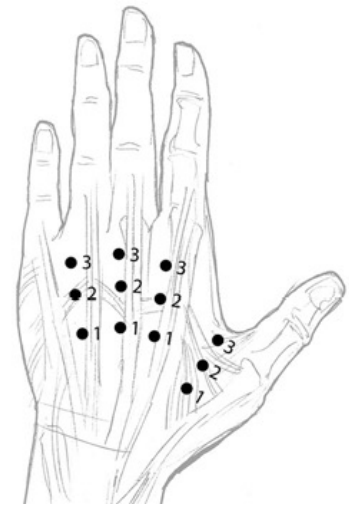
- Japanese massage based on Traditional Chinese Medicine and anatomy
- Involves applying comfortable pressure to specific points on the body
- Usually a full-body treatment but can be focused on certain areas
- Can be used on anyone, no matter what their state of health
- No oils or lotions are used and the client remains fully clothed
- Helpful for stress relief, improving well-being and treating chronic and acute conditions

Applying Self-Shiatsu:

- Use the pads of your fingers or thumbs to apply pressure to the shiatsu points
- Try to keep your thumbs or fingers straight when applying pressure
- Slowly increase the pressure, hold for 3-4 seconds then slowly decrease the pressure
- Always use comfortable pressure - it should never be painful!
- Repeat each set of points two or three times
- Do all of the points on the left hand, then do the right
- If you have any skin soreness, cuts, bruises, etc., do not work over those areas
- If anything is painful or uncomfortable ease off and use gentler pressure; pressure does not need to be strong - even very gentle pressure can be helpful
- Don't worry about being exactly on the right point; if you're a bit off you won't do any harm

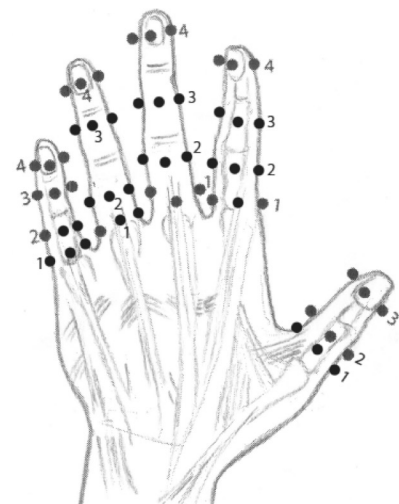
Back of the Hand:

- 4 rows of 3 points
- Points lie between the long bones (metacarpals) of the hand
- Start with the row in the web between thumb and index finger
- End with the row closest to your pinkie
- Work toward your fingers
- Do all rows once, then repeat once or twice



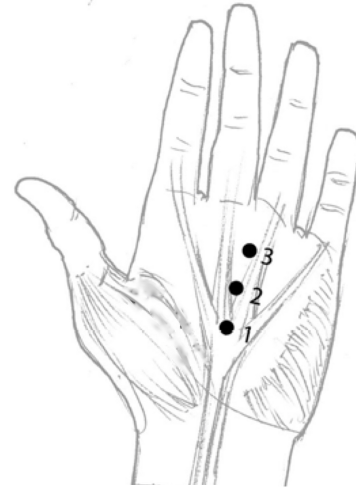
Fingers:

- 3 points on front, back and sides of thumbs
- 4 points on front, back and sides of fingers
- Begin with the thumb, end with the pinkie; work toward the fingertips
- Points are located between the joints, not on them
- The 1st & 2nd points are between the knuckles of the hand and the 1st joint of the thumb or fingers
- The 3rd points on the fingers are between the 1st & 2nd joints of the fingers
- The 4th points of the fingers & 3rd of the thumbs are on or at the sides of the fingernails
- Apply pressure to the points on the front and back of the thumb at the same time, using your thumb and index finger
- Next apply pressure to the points on both sides of the thumb at the same time, using your thumb and index finger
- Do each of the fingers in the same way
- After doing all points on all of the fingers, repeat once or twice



Centre of Palm:

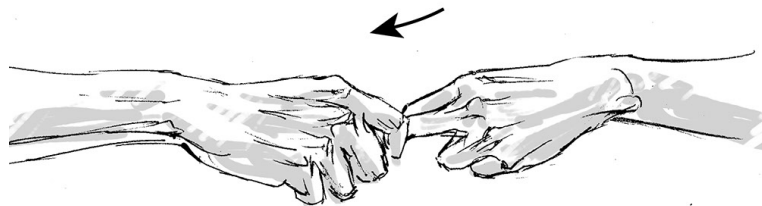
- 3 points down the centre of the palm
- Work towards the fingers
- 1st point just past the heel of the hand
- 3rd point just before the knuckles
- Repeat two or three times

**Base of Thumb:**

- 3 points along palm at base of thumb
- Work towards the thumb
- 1st point near the heel of the hand
- 3rd point just before the thumb
- Repeat two or three times

**Stretching of Fingers:**

- Wrap the fingers of the right hand around the thumb of the left hand
- Gently squeeze the thumb, then make a gentle stroking motion along the finger toward the fingertip
- Repeat with each finger, ending with pinkie



To view the reminder video or to download another copy of the handout click on: <https://cbotlabs.wixsite.com/handselfshiatsu>

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