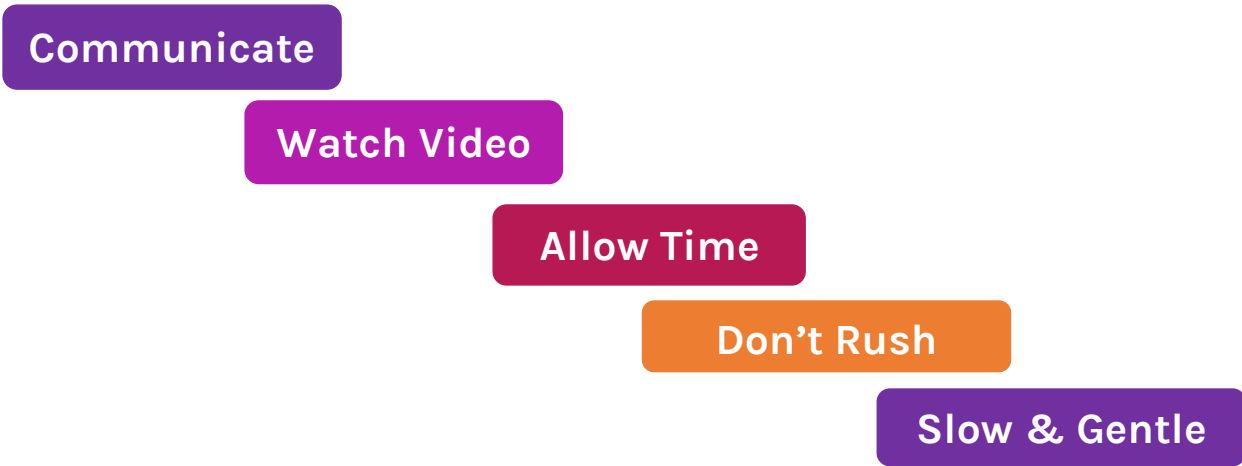


# Caring Through Touch Online Series

The purpose of the massage is to provide comfort & relaxation, not to treat cancer or other medical conditions. This document should not replace the advice of your relevant healthcare professional.



## Precautions summary:

1. Avoid direct touch to any tumor or treatment site.
2. Some cancer treatments can increase the chance of blood clots. For safety reasons we recommend focusing on hands & feet and avoid the arms and legs.
3. Where Lymph nodes have been removed or damaged, avoid massaging arms & legs.
4. Avoid medical devices eg: cannula in the hand.
5. Do not massage over an area that feels hotter than the current skin or appears red.
6. Swelling or oedema, including lymphoedema; current or past, avoid the area.
7. Avoid rashes or broken skin.
8. Gentle touch pressure around fragile bones.



Austin Health acknowledges the Traditional Custodians of the land and pays its respects to Elders past, present and emerging.

Austin Health celebrates, values and includes people of all backgrounds, genders, sexualities, cultures, bodies and abilities.



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口译员 傳譯員 INTERPRETE TERCÜMAN ΔΙΕΡΜΗΝΕΑΣ  
THÔNG DỊCH VIÊN ПРЕВЕДУВАЧ PREVODILAC مترجم فوري

## Step by step Guide for Hand & Foot Massage

HAND	FOOT
<p>1. <b>Hand Squeeze &amp; Outward Slide</b></p> <ul style="list-style-type: none"> <li>• Take your partner's hand, palm down, between your two hands which are palms up.</li> <li>• Press your fingers up into the palm, gently squeeze &amp; slide your fingers from the center of the palm out to the edges.</li> <li>• Your thumbs will sweep apart with stronger contact coming from your fingertips in their palm underneath.</li> <li>• Their hands will bend into a soft curve.</li> </ul> <p>2. <b>Palm Sweeps/circles</b></p> <ul style="list-style-type: none"> <li>• With your partner's hand palm up, hold in your two hands and sweep thumbs across the palm and make little circles over the fleshy parts of the palm.</li> </ul> <p>3. <b>Finger Trace &amp; Tip Squeeze</b></p> <ul style="list-style-type: none"> <li>• Partner's palm down, use your thumb &amp; index finger to trace the length of your partner's finger from palm to fingertip and gently squeeze the fingertip.</li> </ul> <p>4. <b>Wrist to Finger Stroke</b></p> <ul style="list-style-type: none"> <li>• Holding your partner's hand in your two hands, gently pull/slide your hands from the wrist to the fingertips.</li> </ul>	<p>1. <b>Foot Spread</b></p> <ul style="list-style-type: none"> <li>• Hold your partner's foot and, in a gentle, even motion, apply the cream.</li> <li>• With one hand resting gently on top, press the heel of your other palm to the bottom of the foot.</li> <li>• Apply gentle circular motions to the sole/bottom of the foot going from the ball of the foot to the heel.</li> <li>• Complete the stroke by drawing the flat of your hand back up the sole from the heel to the toes.</li> </ul> <p>2. <b>Sole Circles</b></p> <ul style="list-style-type: none"> <li>• Use your thumbs to make circles in the fleshy parts of the sole. Do not press too hard on the top of the foot.</li> </ul>



For further information  
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