The ‘M’ Technique
Hand & Foot
Amanda Schmitz, CMT

Objectives
• Understand the benefits of using massage in patient care
• Obtain knowledge of ‘M’ Technique

Touch.
We all crave it to some extent whether we acknowledge it or not.
Touch is the first sense to develop in humans and may be the last to fade.

A wave of studies has documented some incredible emotional and physical health benefits that come from touch.
This research is suggesting that touch is truly fundamental to human communication, bonding, and health.

Touch can benefit the immune system.
Touching can have huge effects on helping people to relax, make emotional connections with others, and reduce symptoms of depression.

Why massage?
• Touch can help stimulate patient’s self awareness
• Touch can restore a sense of balance and control
• Touch can assist with common symptoms
  - Pain
  - Anxiety
  - Sleep
Sensitivity of patient
- Presence of rashes, lesions, or wounds
- Intravenous access in the hand
- Deep vein thrombosis in the arm
- Excessive bruising

**Safety Considerations**

Series of stroking movements
- Set sequence: 3 repetitions of each step
- Set pressure: 3 out of 10
- Set pace: slow and constant

**M Technique Hand**

- Position patient and self comfortably.
- Warm oil or lotion in hands.
- Avoid damaged or inflamed skin.

**M Technique Hand**

- Apply oil to hand and forearm in 3 long strokes.

- Rub top of hand with thumbs
  - Center going outward
  - Wrist to knuckles
  - Repeat 3 times

- Beginning at little finger
  - Circle each joint 3 times
• Scissor hold and press tip of finger
• Pull down from knuckle to tip
• Repeat each finger

• Turn hand over, palm up
• With thumbs, rub from center to outer
• From wrist to knuckles
• Repeat 3 times

• Turn hand back over, palm down
• Rub up and down forearm 3 times
• Repeat technique on other hand

Practice

• Position patient and self comfortably.
• Warm oil or lotion in hands.
• Avoid damaged or inflamed skin.

M Technique Foot

• Series of stroking movements
  - Set sequence: 3 repetitions of each step
  - Set pressure: 3 out of 10
  - Set pace: slow and constant
- Apply oil to lower leg and foot with 3 slow, gentle, stroking movements.
- Lean into movement vs. reaching

- Put your hands in a prayer position, cupping the foot between your hands and slowly slide your hands up the leg as far as the knee.
- Return to the foot and hold for a moment.
- Repeat 3 times

- Rub top of foot
  - Center going outward
  - Ankle to toes
  - Repeat 3 times

- Beginning at little toe
  - Circle each joint 3 times

- Scissor hold and press tip of toe
  - Pull down from joint to tip
  - Repeat each toe

- Lift the foot
  - With thumbs, rub from center to outer
  - Work from bottom to top
  - Repeat 3 times
- Press gently with thumb on the top angle of "V" shape underneath the foot.

- Gently circle both inner and outer anklebones.
  - Use 1 finger only
  - 3 circles
  - Repeat 3 times

- Again, put your hands in a prayer position, cupping the foot between your hands and slowly slide your hands up the leg as far as the knee.
  - Return to the foot and hold for a moment.
  - Repeat 3 times

- M technique YouTube video
  - https://www.youtube.com/watch?v=O/l7xM6jTr9s
- Learning the M technique

Helpful Resources


References

- [Greatergood.berkley.edu](https://greatergood.berkley.edu)
- [Health Benefits of human touch](https://www.mayoclinic.org/health/health-benefits-of-human-touch)
- [Mayoclinic.org](https://www.mayoclinic.org/health/health-benefits-of-human-touch)