***“In Honor Of Avery”* Ear Massage**

***This is the protocol we use to perform simple, caring touch ear massage***

As licensed massage therapists, we know when not to massage such as when someone has a fever, inflammation, infectious disease, skin etc.

We always have our clients check with their physician before receiving any type of massage.

We always err on the side of caution - The first and foremost rule here is, "Do no harm."

*Helpful Hints*- Go slower than you think you should go and then go slower than that. Moving your fingers to the rhythm of slow, spa-like music works best. Do all movements three times. When possible massage both ears at the same time. Although this massage is typically done with the receiver lying on a table face up, it can be done while they are sitting. Holding an area can feel wonderful!

Make the “Live Long and Prosper” hand gesture (with the fingers parted between the middle and ring finger, and the thumb extended) and make slow circles to massage the part of the ears touching the face. Repeat 3 times.

Cup your hands over the ears and slowly move your hands in a circular motion. The movement of your hands will sound like the ocean…. Slow….. Repeat 3 times

Gently move your palms to the outer ear. Gently move your hands in a smooth clockwise circular motion, massaging the outer area of your ears with your palms. Repeat using counter clockwise position. Repeat 3 times

Gently take the earlobes between your thumb and forefinger and lightly pull downwards. Repeat 3 times. Pull the earlobes Upward -Repeat 3 times, Outward - Repeat 3 times and change the angle, Repeat 3 times

Use your thumb and index fingers to gently massage the ear lobes in small circles. Repeat each stroke 3 times before moving on to new area of the lobe. Make sure to massage the entire area

Move your fingers up to the middle of the outside of the ears, and gently rotate the entire ear in clockwise circles then counter clockwise circles. Repeat 3 times

Gently unroll the outer area of the ears. Roll in and out 3 times then move upward and repeat until you have unrolled the entire outer ear

Use the pinky finger to massage the inner part of the ears. Repeat each area 3 times before moving on to another area.

Use your index fingers to gently massage the entrance of the ear canals, without entering the canal itself with small, soft circular movements. Repeat 3 times

Make the “Live Long and Prosper” hand gesture (with the fingers parted between the middle and ring finger, and the thumb extended) and make small circles to massage the part of the ears touching the face. Repeat 3 times

**Hands On HealthCare Massage Therapy and Wellness Day Spa**

*Recommended Community Provider for Memorial Sloan-Kettering Cancer Center*

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