

FUNDAMENTALS OF SHIATSU

SHIATSU TECHNIQUE

Shiatsu technique is the point where contact with the patient occurs. It is at this point where Ki is exchanged. The foundation of technique is proper stance and posture without which technique would be largely ineffectual. In Shiatsu, there is usually a support hand and a working hand. The interrelationship of these two hands with one another is critical in proper technique. The holding hand/working hand relationship controls the direction and force with which the Ki moves.



PALM

Palm technique is delivered primarily through the heel of the palm. The fingers rest comfortably while the palm presses. Pressure is wide and deep and travels along the channel allowing for more specific elbow and thumb pressure.

The palm also has the important function of receiving and supporting technique. The receiving of Ki in the palm is through the center of the palm (P8) which is the focus point of Qi in the upper body.



THUMB

The thumb has the greatest versatility of any technique in Shiatsu, thus it is the most commonly used. The whorl or belly of the thumb is used to access tsubos in the muscular areas of the body while the tip of the thumb is used around joints, bones and on the extremities of the body. Thumb pressure can be soft, deep and wide or concentrated and penetrating, depending on what is needed. Thumb pressure feels comfortable and accommodating to the receiver.

FINGERTIPS

The nerves on the ends of the fingers and thumbs are among the most sensitive in the body. Fingertips are excellent for treating areas where a high degree of sensitivity is needed i.e., the face, joints and injuries. With practice deeper fingertip pressure can be applied on exact tsubos providing a strong focused, stimulating pressure. Fingertips pressure is also used for assessment and palpating imbalances i.e. hara assessment, inflammation and injury.



ELBOW

Elbow provides deep and powerful pressure to an area. Pressure is applied through the olecranon of the ulna (tip of the elbow) or the ulna just below the elbow. The flatter or more parallel to the patient that the forearm is, the softer the pressure. Elbow pressure is excellent for deep pressure to muscular areas and for relieving the thumb should the thumbs become fatigued. Care must

