

Helpful Quick Reference Card



The Compassion Connection: (2022)
Communication and comfort through therapeutic touch.

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Directions

- Step #1 – Select heavy paper or cardstock to print this page
- Step #2 – Fold image on the solid line
- Step #3 – Cut on dashed line
- Step #4 – Tape blank sides together
- Step #5 – Enjoy!



<<< Cut on dashed lines >>>



Quick Reference

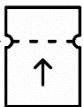
The Compassion Connection

Hand Technique

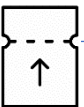
- Forearm 3x
- Back of the hand (center to sides) 3x
- Knuckle & finger joints (clockwise rotation 3x)
draw down, end finger tip
- Palm strokes (center to sides-gentle stretch) 3x
- Thumb muscle stroke 3x
- Palm “knuckle” joint (∩ rotation 3x), then
Draw down to fingertip (repeat)
- Forearm stroke 3x w/ final stroke - glide off finger tips



~ Always Maintain Contact! ~



<<< Fold on this line >>>



Foot Technique

- Lower leg to just below the knee 3x
- Ankles – move both hands together, circle 3x.
- Stroke top-of-foot 3x. Center => sides w/thumbs
- Toe joints (∩ rotation 3x). Draw down to tip (repeat)
- Bottom of foot - thumb strokes across ball of foot.
Proceed down the instep towards heel. Repeat 3x
- Stimulate Solar plexus. Hold w/firm, gentle pressure.
Toe strokes w/opposite hand (3x)
- Lower leg strokes (3x)
- Final stroke slide hands from above/below foot
to meet at the tips of the toes.



~ Slow, Relaxed speed! ~