

Description of PRMT treatment

General information:	
<p>PRMT is a whole body massage with rhythmic and harmonic stroking movements, which aims to enable a physical and emotional experience. It is applied with warm oil and moderate pressure to treat the skin and superficial fascia, but not the deeper lying tissues like muscles and periosteum. The hands of the therapist are in permanent slow motion and are only taken off from the patient when they are changing from prone to supine position.</p> <p>In either position the techniques are first applied to one side of the body (e.g. right leg, right pelvis, right arm or right side of the back), then to the other side and finally both sides together. The following sequence is performed on either side: three times with soft strokes (effleurage) followed by three times with rhythmic kneading strokes (petrissage) and again three times with soft strokes. When treating both body sides combined (e.g. both legs) only effleurage is applied.</p> <p>The treatment should be nonverbal at room temperature around 26° C and the patient only wearing underwear (slip). Since the treatment moves across the whole body without interruption, single body parts are not covered to assure that the only contact is to the therapist's hands. Duration of treatment is 60 minutes.</p>	
patient position:	PRMT procedure:
prone	<ol style="list-style-type: none"> 1. Treating the right leg starting from right foot to lumbar spine, moving via lumbar spine and pelvis to the left leg with massage of the left leg (three times each effleurage, petrissage and again effleurage). Then massaging both legs parallel from feet to lumbar spine. 2. Treating the area from pelvis to lumbar spine first on the right side, then left and again both sides combined. 3. Treating the upper extremity by moving from hand via arm to the whole shoulder region, first right then left and then both sides combined. 4. Treating the back, first on the right side, then left and then both sides of the back combined. 5. Finally paravertebral effleurage strokes are applied starting from cranium caudally. The last stroke should last about 2 minutes.
supine	<p>focus is on abdominal and facial massage, while integration all areas of the body</p> <ol style="list-style-type: none"> 1. Treating the right leg, left leg and both legs parallel like in prone position without treating the abdominal area. Shift from one leg to the other via lumbar spine, lower ribs, sternum, lower ribs other side, lumbar spine and other leg. 2. Treating the upper extremity from one hand via arm and shoulder area, towards the cervical spine until reaching the superior nuchal line, from there via the sternocleidomastoid muscle towards the sternum, moving laterally over the costal arches towards the arm. Shifting from one side to the other via the sternum. 3. Treating the abdominal area while stroking into the pelvic area and lifting the abdominal organs. Followed by circles along the colon, soft petrissage movements of the abdominal wall and shifting of abdominal organs. 4. The treatment ends with movements from forehead caudally to the hands and is repeated five times: the fingers start in the middle of the forehead, stroking laterally towards the zygomatic arch. There the fingers rest shortly and the thumbs start stroking from the nasal bone towards the zygomatic arch, where they come to rest and the fingers move via the masseter muscle towards the cervical spine. The patients head shortly rests within the hands of the therapists in a gesture of security. The therapist's hands then move via the scalene and deltoid muscles along the arms towards patient's hands, which are then laid upon the patient's stomach. This position enables the patient to get in contact

	with their own body. Finally the patient is wrapped in soft clothes and covered with a blanket, giving them 2-5 minutes of rest.
Note: First author (SB) teaches PRMT in Germany (language: German). Contact: Edelbaumgart@web.de	