

“USING ONE HAND”

Clear communication is essential when using a technique that could cause a client to feel uncomfortable.



ACTION ITEMS

◆ Appreciate Client Experience

Be aware of how your actions can be perceived and strive to promote a comfortable and safe environment for your client.

◆ Explain Your Actions

Tell your client what you are doing and why, especially when using one hand or a jostling technique. For example, you could say: ***“I’m going to use one hand to massage this part of your back while my other hand supports my wrist.”***

◆ Prioritize Client Comfort

Brief, clear explanations related to the treatment are helpful to promote client comfort and understanding, and should not be confused with casual conversation, which should be limited.