

MASSAGE THAÏLANDAIS

Technique Traditionnelle Médicale



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Techniques	Issues de la tradition du massage thaïlandais

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INTRODUCTION

Mon chemin vers le Massage Thaïlandais



Bonjour, je m'appelle **Julien Cauchois**. Je suis praticien en massage bien-être installé à Évreux. J'ai eu la chance de me former au **Wat Po à Bangkok, en Thaïlande** — l'un des plus anciens centres d'enseignement du massage thaïlandais au monde, fondé au XVIIIe siècle.

Le massage thaïlandais, que j'appelle *Nuad Boran*, est une médecine traditionnelle vieille de 2 500 ans. Il combine des pressions sur les lignes d'énergie et des étirements doux pour libérer les tensions du corps et de l'esprit.

Dans mon studio **Thénar** à Évreux, j'offre des soins bien-être dans un espace privatisé et chaleureux. Ce manuel rassemble les techniques que j'enseigne et pratique chaque jour.

Toutes les techniques sont issues de la tradition du massage thaïlandais.

« Techniques issues de la tradition du massage thaïlandais. »

Avant-Propos

Le toucher thérapeutique est immédiat, direct et nuancé. Le contact entre deux personnes est toujours unique et irremplaçable. Chaque civilisation a développé son propre style de massage, fruit de siècles de sagesse.

Le massage thaïlandais traditionnel (*Nuad Boran*) est né en Inde et s'est développé en Thaïlande, profondément influencé par la philosophie bouddhiste. Il est à la fois un soin du corps et de l'esprit.

Les Bienfaits du Massage Thaïlandais

◆ Détente profonde et relaxation	◆ Amélioration de la circulation sanguine
◆ Réduction des douleurs musculaires	◆ Augmentation de la souplesse
◆ Libération des tensions chroniques	◆ Équilibre des lignes d'énergie (Sen)
◆ Meilleure qualité de sommeil	◆ Renforcement du système immunitaire
◆ Réduction du stress et de l'anxiété	◆ Amélioration de la posture

UNITÉ 1

HISTOIRE ET MÉTHODES

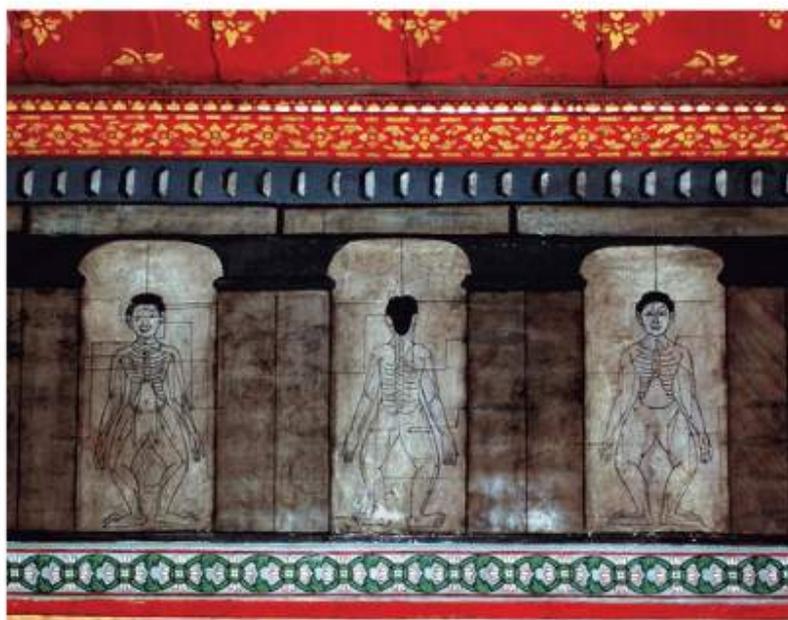


Figure 1-2 | An example of a few of the 60 epigraphs carved into stone by the monks at Wat Pho in 1832.

These epigraphs depict the energy pathways (Sen) of the body and include explanatory notes for treatment protocols. (Courtesy John Glines.)

herbs in the treatment of cancer and human immunodeficiency virus (HIV) infection, and an organization called The Revitalization of Thai Massage has been established to further the advancement of the study, practice, and application of traditional techniques.

BUDDHIST INFLUENCE ON THAI MASSAGE

Thai medicine has evolved within the cultural context of Theravada Buddhism, and its development and history are woven into the fabric of the spiritual tenets of Buddhism. Many components of the traditional massage have been developed and used to facilitate seated meditation and the practice of yoga.

In Buddhist philosophy, the concept of Metta is highly esteemed. Metta, which is understood as Loving Kindness, is a core component of daily life for each individual seeking awareness on the path described by the Buddha. Teachers describe Metta as the “foundation of the world,” essential for the peace and happiness of oneself and others.² The practice of massage and healing work is

understood to be a practical application of Metta. Healing work has been closely connected to the Buddhist wats of Thailand for centuries. Thai massage demonstrates the Four Divine States of Mind: Loving Kindness, Compassion, Vicarious Joy, and Equanimity. In Thai Theravada Buddhism, significant emphasis is placed on the practical application of spiritual philosophy: that higher ideals should be brought into everyday life activities and decisions. The specific application of the healing techniques of Nuad Bo’Rarn is considered to be a form of meditative practice, with benefit to the recipient as well as the practitioner. The practitioner endeavors to work in a state of mindfulness, concentrated and present in each breath, each moment. Every movement, every procedure, every breath, every posture and every position is an opportunity for the practitioner and recipient to achieve clear intent and mindfulness. Working toward and in this state of awareness opens the perception and intuition of the practitioner. This allows for an acute sensitivity to subtle shifts of energy and change in the client’s body and mind. This can lead to a deep therapeutic effect. (For a more thorough

Chapitre 1

La Médecine Traditionnelle Thaïlandaise

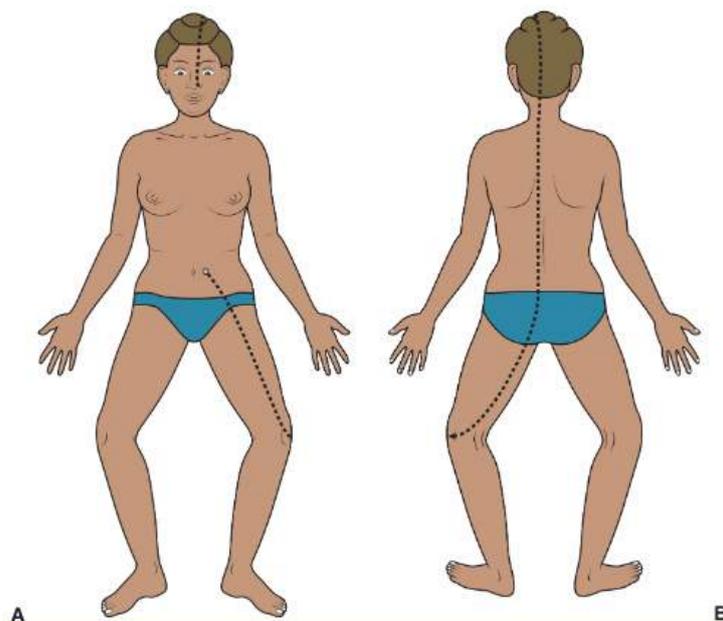
La médecine thaïlandaise traditionnelle a évolué dans le contexte culturel du bouddhisme Theravada. Son histoire est tissée dans les principes spirituels du bouddhisme depuis plus de 2 500 ans.

De nombreuses composantes du massage thaïlandais ont été développées pour faciliter la méditation et la pratique du yoga. Le praticien travaille avec **Metta** — la Bienveillance Aimante — comme fondement de chaque soin.

Le **Wat Po** à Bangkok abrite l'une des plus anciennes écoles de massage du monde. Sur ses murs sont gravés 60 épigraphes représentant les voies d'énergie du corps (les **Sen**), datant de 1832.

Les Lignes d'Énergie — Sen

Les **Sen** sont des canaux invisibles d'énergie vitale (*Prana* en sanskrit, *Lom* en thaï) qui traversent le corps. Le massage thaïlandais travaille le long de ces lignes pour libérer les blocages et permettre une circulation fluide.

Figure 1-6 : Sen Ittha **A**, Front **B**, Back.

becomes line 1 on the back and travels down the back, goes across the buttocks and continues as the third outside line (lateral aspect) on the leg to the knee. At the knee, the Sen crosses to become the first inside line on the thigh, then ascends up the medial aspect of the leg into the abdomen and stops at the point 1 thumb-length lateral to the navel on the left side (Figure 1-6). (Similar to the Ida Nadi in the yogic tradition and part of the Bladder meridian in Chinese medicine.)

Indications: Headache, stiff neck, nose feels strange, sinus problems, cold, abdominal pain, restless legs, urinary tract disorders, back pain, knee pain.

Sen Pingkhala

This pathway is identical to Sen Ittha, only on the right side of the body (Figure 1-7). (Similar to Pingala Nadi in the yogic tradition and part of the Bladder meridian in Chinese medicine.)

Indications: Same as Sen Ittha with additions of diseases of the liver and gallbladder.

Sen Kalathari

This pathway starts at the navel and divides into two branches on the inside of the arms and two branches on the inside of the legs. The arm branches' energy passes up from the navel through the abdominal and chest regions across the shoulders, travels down the inside middle line of the arms into the hands, and crosses into the palm of the hands to the tips of all the fingers. The leg branches of the Sen travel out from the navel across the inguinal region, descend down the inside of the legs on the middle (line 2) of the leg to the foot, and end at the tips of all the toes (Figure 1-8). (The arm branch follows the Pericardium Meridian of Chinese medicine.)

Indications: Diseases of the digestive system, indigestion, hernia, paralysis of the arms and legs,

Figure 1-6 : Les lignes Sen du corps — Vue de face et de dos

Ligne Sen	Trajet dans le corps	Indications thérapeutiques
Sen Sumana	Centre du corps · de l'ombilic à la gorge	Douleurs thoraciques, toux, asthme
Sen Ittha	Côté gauche · remonte le long de la colonne	Maux de tête, nuque, lombaires
Sen Pingkhala	Côté droit · symétrique à Ittha	Foie, vésicule biliaire
Sen Kalathari	Part du nombril · vers bras et jambes	Digestion, hernie, membres
Sen Sahatsarangsi	Intérieur gauche de la jambe	Yeux, poitrine, douleurs
Sen Thawari	Intérieur droit de la jambe	Maladies urinaires, abdomen
Sen Lawusang	Bras gauche → oreille gauche	Surdité, douleurs thoraciques

Sen Ulangka	Bras droit → oreille droite	Idem côté droit
Sen Nanthakrawat	Front et tractus urinaire	Abdomen bas, utérus
Sen Khitchanna	Organes génitaux et abdomen	Problèmes sexuels et urinaires

Chapitre 2

Règles, Méthodes et Techniques

Avant de commencer à pratiquer, le praticien doit maîtriser les postures fondamentales et les techniques de pression. Une bonne posture protège le praticien et assure une transmission de pression correcte et efficace.

Les Postures du Praticien

Voici les 5 postures que **Julien Cauchois** utilise et enseigne lors de ses formations :



*Julien Cauchois — Posture d'accueil
Mains jointes, regard bienveillant*



*Julien Cauchois — Posture d'assurance
Bras croisés, sourire chaleureux*

■ *Position Debout*

Les pieds légèrement écartés (largeur des épaules), genoux légèrement fléchis, dos droit, épaules détendues. C'est la posture de départ pour tout contact.

■ *Position Agenouillée Diamond*

Le praticien est à genoux, assis sur ses talons, dos bien droit. C'est la position de base pour commencer le travail des pieds et des jambes.

■ *Position Chat (Cat Stance)*

Le praticien est à quatre pattes, paumes à plat, bras droits. La colonne est parallèle au sol. Permet des compressions au poids du corps.

■ *Position Chat Surélevé*

Identique à la position chat, mais le praticien se redresse sur les genoux. Une ligne verticale passe des genoux aux hanches.

■ *Position Guerrier (Lunge)*

Le praticien se lève sur un genou, poids réparti à 50 % sur le pied avant. Le genou ne dépasse pas la verticale du pied. Idéale pour les pressions latérales.

have developed the ability to move their blood flow through deeper passageways. The stop-the-blood-flow techniques enhance the movement of blood through these deeper circulatory passageways. Practitioners must work with proper body mechanics. There is a potential for injury if practitioners do not work with proper body mechanics. At no time should practitioners carry out a procedure that causes pain in their own body. Ideally, they become aware of their own energy center, an area located in the core of their body about 3 inches below the navel. All movement originates in this core area below the navel. The strength of the pressure in the hands and fingers comes from the weight of the body that travels down straight arms. Practitioners learn to conserve their own energy by working in a rocking motion. Students and practitioners are strongly advised to receive regular Thai massage and to practice yoga, stretching, and meditation. The Chinese practices of Qi Kong and T'ai Chi are excellent techniques for becoming aware of and moving from the energy center (called the *T'an T'ien*) area below the navel.

8. The practitioner never presses directly down onto the knees or the other joints and bones of the client's body. Circular motion techniques with the fingers, thumbs, or palms are used over the knees, joints, and along the bones.

9. When the thumb is used for direct downward pressure, the ball of the thumb, not the tip, is used.

10. Abdominal massage is a very important component of this system of treatment. According to Thai medical theory, all of the vital Sen line energy originates deep in the abdomen in the vicinity of the navel. Abdominal massage is never given within 1 hour of the completion of a meal.

11. Cleanliness and hygiene are important. Practitioners must clean their own hands and feet prior to the healing session. The area where treatment is to be given must be clean and orderly. Also, the client should be clean.

12. Before the start of the treatment, practitioners should take a moment to quiet their mind,

give thanks to the Father Doctor, and pray that good comes from the treatment. Om Namò.

BODY AWARENESS

FUNCTIONAL BODY MECHANICS

It is difficult to overstate the importance of proper body mechanics in the application of the techniques of traditional Thai massage. Practitioners need to fully understand that for both their own health and longevity and the proper application of the techniques, their body mechanics play a vital role. The practice of Thai massage is a form of yoga practice for both the practitioner and the recipient. The practitioner must strive to work in a highly concentrated and meditative state of mind. Practitioners must always be highly aware of both their own body and their recipient's body in order to maintain a safe and therapeutic environment. In addition to body posture, an essential element of practicing Thai massage is working with weight shifts and leverage. The practice of Thai massage should be flowing and smooth. The application of pure brute strength should never be required. Practitioners learn to work fluidly, always aware of their own body's place in space.

A further aspect of the practical application of body mechanics is the use of all Thai massage techniques in a rhythmic and flowing manner. A session of Thai massage has a flow of movements and a unifying sense of wholeness. Although the individual procedures might appear to be unconnected, the practitioner strives to make them feel connected by working in a knowledgeable and flowing manner. Through practice and experience, the practitioner becomes skilled in knowing what procedure is coming next even while being fully engaged in the moment and procedure being done. By being aware of what is coming next, the practitioner is able to smoothly transition to the next procedure.

THE WORKING POSTURES

There are specific body positions or stances that the practitioner must learn to work in comfortably in order to work with a fluidity of movement



Figure 2-5 Raised cat stance.



Figure 2-6 Warrior stance; the lunge.

Figure 2-7 Archer stance.

Archer Stance

The practitioner is in a squatting position with the toes curled under. One knee is then placed

down onto the treatment mat. The spine and head remain erect (Figure 2-7).

Positions de base du praticien — Illustrations Wat Po

Les Techniques de Pression

■ Pression Palmaire (Palm Press)

La paume est utilisée pour une pression large et douce. C'est la technique d'ouverture et de fermeture de chaque zone. La pression vient toujours du poids du corps, jamais de la force des bras.

■ Pression des Pouces (Thumb Press)

La partie charnue du pouce travaille le long des lignes Sen. Les deux pouces alternent comme des pistons — l'un entre quand l'autre sort. La pression vient du centre du corps du praticien.

■ Pression du Coude (Elbow Press)

Le coude traite les points profonds, notamment sous la plante des pieds. On pose le coude sur le point et on transfère le poids vers l'avant. On relâche en avançant l'avant-bras — jamais en levant le coude brusquement.

■ Pression du Pied (Foot Press)

La plante du pied applique une compression ferme sur les muscles des jambes. La jambe du praticien part pliée, en contact avec le client, puis s'allonge progressivement pour appliquer la pression.

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Unit One HISTORY AND METHODS

also shortens and loses elasticity. This contributes to increased tissue fibrosis and diminished flexibility. A further dynamic that occurs in the musculature is a weakening of the antagonistic muscles and the loss of tone due to the persistent contraction of the paired muscles. This weakening eventually contributes to postural imbalance. These interrelated phenomena ultimately result in decreased flexibility, increased susceptibility to injury, and pain and stiffness. Additionally, the blockage of bioenergy can actually contribute to a lessened physiologic functionality of the internal organs and blood stagnation that lead to disease and aging.

PRESSING TECHNIQUES

The deep presses in Thai massage literally squash the muscles, stretching the myofascial tissues laterally. This pressing action helps to break down fibrotic tissues and stimulate the production of more elastic fibers. The blood flow through the entire affected musculature is enhanced. This brings increased nutrients and oxygen into the area and helps to flush out toxins, carbon dioxide, and other metabolic byproducts.

STRETCHING TECHNIQUES

The numerous sustained stretches in a Thai massage session are applied in various directions. The practitioner strives to alter the vectors of approach to the stretches, thereby delivering a diversity of signals to the brain. The stretching takes the muscles just beyond their normal relaxed length. The muscle spindle organs actively respond to this stimulation. (The muscle spindle organs are the sense organs in the muscles that provide a constant flow of information to the brain about the state of muscle contraction and any change in this state of contraction. Additionally, the tendons also contain sensory fibers that communicate with the brain on how much pull they are being subjected to as the attached muscles contract.) During the stretching, the muscle spindle organs signal the brain that the muscle is relaxed. This allows the inhibitory nerve impulses to the antagonistic muscles to stop and allow them to begin to regain their normal tone. This dynamic action helps to restore balance

within and between functional muscle groups. This promotes increased flexibility, postural improvement, and diminished pain and suffering.

OVERCOMING LIMITATIONS

There are potential psychological benefits, as well as the more obvious physical benefits from receiving Thai massage. Essentially, practically all people limit their potential as human beings. In varying degrees, human beings are filled with fears and worries that are primarily creations of their own minds or have been forced into their minds by parents and society. These fears and worries become habituated into the body and manifest as pain, stiffness, and limited range of motion. In the brain, these persistent thought patterns actually become embedded into specific neural pathways and become self-perpetuating.

Receiving traditional Thai massage allows us to explore our perceived limitations and seek to diminish and even overcome these limitations. How can this be accomplished?

When a recipient of Thai massage is being stretched, there is always a limit to how far that stretch can extend. This limitation may seem to be hard and set. Certainly for the recipient, these limitations are very real. Being pushed up against these limitations may be uncomfortable physically, emotionally, and even spiritually. An entire set of thoughts, which often run like a taped loop, begins to fill the recipient's mind. Actual physiologic reactions can be stimulated, such as increased heart rate, diaphoreses, and shaking. Because the Thai massage stretches are administered very slowly and are only applied when the recipient is in a highly relaxed state, the recipient has the opportunity to be moved beyond the edge of his or her perceived limitations. This can lead to a highly therapeutic result.

Experiencing themselves on the other side of and (beyond) their perceived limitations, and even experiencing this new place while relaxed, can be a very empowering and pleasurable experience. The recipient can begin to diminish self-limiting thought patterns. Pain and stiffness can be reduced comfortably. The body and mind can function at more optimal levels.

A new sense of self can emerge!

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Unit One HISTORY AND METHODS



Figure 2-11 · Thumb press.

The sole of the foot is used to deliver a firm compression to the client's body. The technique begins with the practitioner's leg bent and their foot in direct contact with the client's body (e.g., the medial thigh muscles). As the practitioner's leg straightens, the thrust of the pressure is applied by the foot. The foot press is usually accompanied by a counter-force of pulling with the hand at the ankle. Care must be taken to not use the heel of the foot nor to apply excessive pressure (Figure 2-10).

Thumb Press

The ball of the thumb is used to exert a direct downward vector. The point or tip of the thumb is not used. Thumb presses are used to treat along the Sen energy lines and into muscles. The thumbs deliver pressure that is generated from the abdominal core of the practitioner and travels down the straight arms into the hands. Use of the thumbs by exerting force in the arms and hands can quickly lead to fatigue and discomfort. Often the thumbs work in a pattern/sequence of "thumb-chasing-thumb but never catching." In this pattern, one thumb moves into the body as the other thumb lifts out, in a piston-like movement (Figure 2-11).

Elbow Press

The elbow is used to treat points on the bottom of the feet. The elbow is placed on the point and

the practitioner's weight is pressed down into the elbow. The elbow pressure is released by bringing the forearm forward. The practitioner never simply lifts the elbow off the point (Figure 2-12).

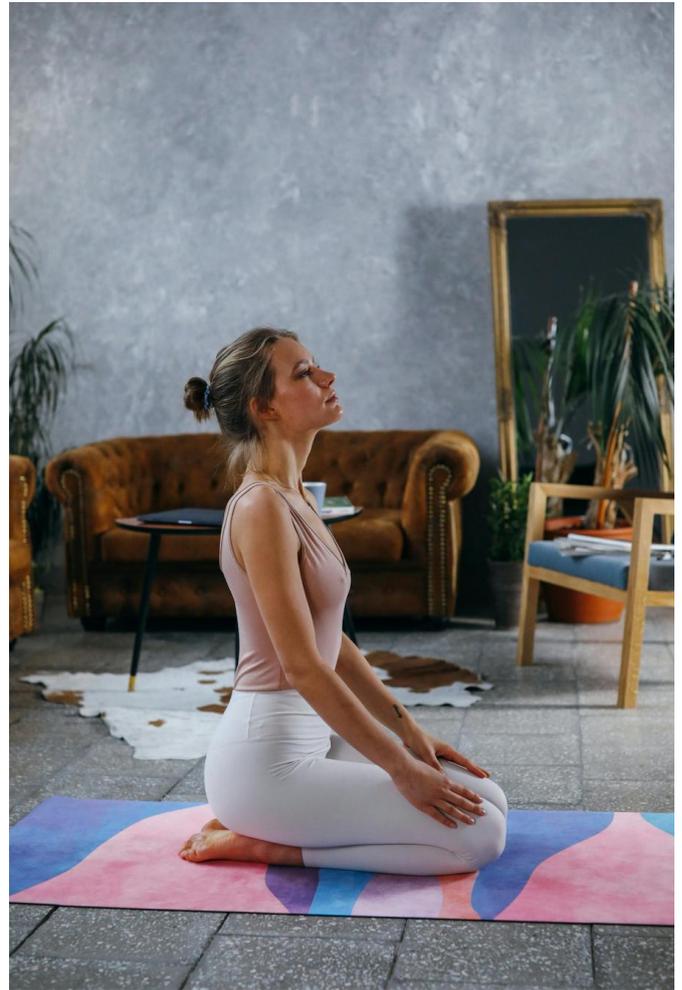


Figure 2-12 · Elbow press.

Techniques de pression palmaire et pouce press

UNITÉ 2

APPLICATION PRATIQUE



Le client dans deux positions de soin — Détente assise et position de méditation

L'unité pratique présente les 4 positions de soin du massage thaïlandais. Chaque position permet de travailler des zones spécifiques du corps.

Chapitre 3

Position sur le Dos — Supine

La séance commence toujours avec le client allongé sur le dos (**position supine**). C'est la position la plus rassurante pour le client, idéale pour établir le contact et commencer à détendre le corps.

Zones travaillées en position supine :

- Les pieds et les orteils
- Les mollets et les cuisses (face interne)
- Les bras et les mains
- L'abdomen (légèrement)
- Le cou et le visage

**A****B**

Figure 3-3 **A**, Palming the medial legs. **Press:**gastrocnemius, soleus, vastus medialis, adductor longus, sartorius, adductor magnus. **B**,Palming adductors. **Press:**entire adductor group. The focus can also be pressing on the quadriceps with a perpendicular vector.

4. Six point locations are identified on the bottom of the foot. Point 1 is just posterior to the ball of the foot on the center line directly below the middle toe; point 2 is approximately an inch posterior to point 1; and point 3 is an inch posterior to point 2, directly in front of the heel (calcaneus bone). Working on both feet simultaneously, thumb press into point 1. Hold each thumb press for approximately 5 to 10 seconds and release slowly. Then press points 2 and 3. Point 4 is located by moving medially approximately an inch from point 3; point 5 is superior to point 4; and point 6 is directly behind the metatarsals in line with the big toe medial to point 1. Press each point on both feet, working points 1 through 6 sequentially.

Figure 3-1 : Compression palmaire des pieds — Contact initial

5. Five lines on the soles of both feet are identified. Each line begins at point 3 (see above), which is located just in front of the heel (the calcaneus bone). Thumb press from point 3 in a direct line toward the big toe. At the ball of the foot where the metatarsal bones are located, stop the thumb presses and change to small thumb circles. Continue with thumb circles across the ball of the foot and along the big toe. At the end of the toe, squeeze and press the tip of the toe. Return to point 3 just in front of the calcaneus at the heel and resume thumb presses through the soft part of the foot up to the metatarsal bones in line with the second toe. Proceed with thumb circles along the second toe, pull and press at the tip of the toe, and return to heel point 3. Repeat this procedure for the next three toes, working both feet simultaneously. After completing this procedure for all five toes on both feet, use palm presses on the feet for integration.

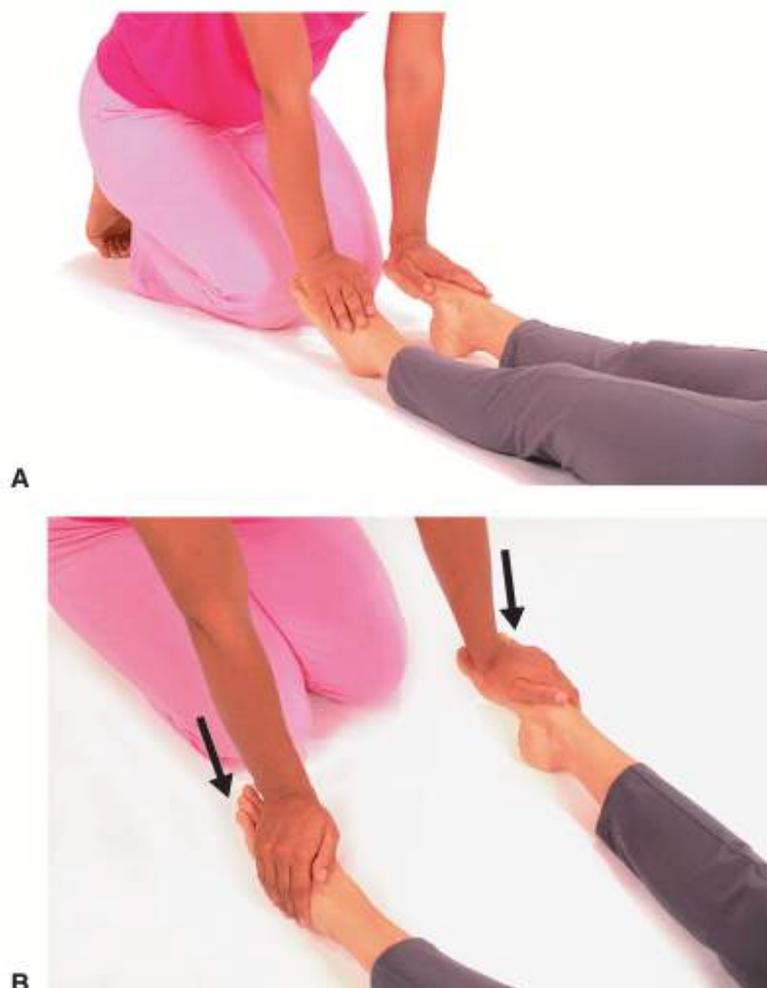


Figure 3-5 **A**, Palming plantar flexion. **Press:** extensor digitorum longus, extensor hallucis longus. **Stretch:** tibialis anterior, extensor digitorum longus, extensor hallucis longus. This increases space in tarsal joints. **B**, Plantar flexion 1, 2, 3, 2, 1.

Figure 3-5 : Pression palmaire avec flexion des orteils

Protocole Complet — Pieds et Jambes

1. Activation initiale

Placez-vous face aux pieds, position diamond. Posez les paumes à plat sur le dessus des pieds. Appuyez doucement en expirant. Répétez 3 fois. C'est votre "bonjour" au corps du client.

2. Pression palmaire — Plante du pied

Avec votre pouce, tracez la ligne 1 de la plante (du talon vers le gros orteil). Puis la ligne 2 (vers le 2e orteil), puis la ligne 3. Faites 3 passages par ligne.

3. Rotation douce de la cheville

Tenez la cheville d'une main, saisissez le pied de l'autre. Tournez lentement 3 fois dans le sens des aiguilles, puis 3 fois dans l'autre sens.

4. Travail des orteils

Pincez chaque orteil entre le pouce et l'index. Tirez doucement vers l'extérieur. Tenez 3 secondes, relâchez. Terminez par une compression palmaire de clôture.

5. Compression palmaire des mollets

Remontez le long du mollet, pressions palmaires alternées. Travaillez les 3 lignes intérieures de la jambe, du pied jusqu'au genou.

Chapitre 4

Position sur le Ventre — Prone

La position prone (sur le ventre) permet de travailler l'intégralité du dos, des fessiers et des jambes (face postérieure). C'est la position idéale pour les tensions dorsales et les étirements du bas du dos.

6. Palm press down along the top of the feet, stretching both the feet and the ankles. The feet are kept in line with the legs so that there will be an extension of the tendons of the foot and ankle. The first palm press is just in front of the ankle, the second in the middle of the foot over the arch, and the third is over the toes.

Palm press back from toes to ankles in a sequential movement pattern in positions 1, 2, 3, 2, 1. The depth of pressure is varied from moderate, to deep, to moderate (Figure 3-5). Thumb press into the hollow at the center of the top of the ankle between the tendons of the extensor digitorum longus and hallucis longus (the acupoint Stomach 41 Jiexi). The fingers are wrapped around the lateral side of the foot on the little toe side. The foot is pronated toward the head, keeping the ankle on the ground. Hold the thumb press for approximately 5 seconds (Figure 3-6).

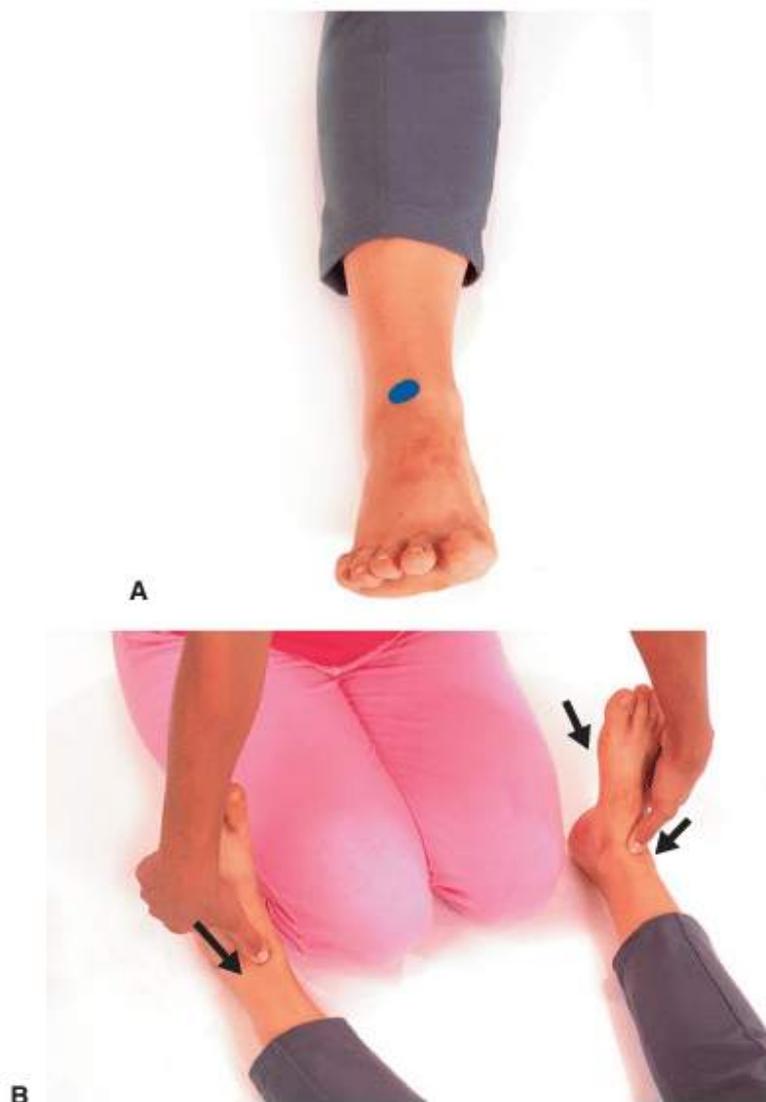


Figure 3-6 · **A**, Stomach 41 Jiexi "release the **B**, Working Sen on top (dorsum) of foot.

Position prone — Travail du dos et des jambes



Figure 3-7 | Thumb press Stomach 41 Jiexi with dorsiflexion. **Press:** extensor hallucis longus, extensor digitorum longus. **Stretch:** gastrocnemius through the Achilles tendon, inferior extensor retinaculum.

Continue with thumb circles down the groove between the first and second toes until reaching the phalangeal bones of the toes. At the toes, make thumb circles along the big toes. At the end of the toes, give a gentle pinch, a pull, and then slide off (Figure 3-7). Return to the hollow at the top of the foot and thumb press at the acupoint Stomach 41 Jiexi. Release the press and continue with thumb circles between the second and third toes, and then thumb circle out the second toe, finishing with a pinch and a pull at the toes. This pattern is continued with the thumb presses followed by thumb circles to the third and fourth toes. To treat the little toe, make finger circles along the lateral side of each foot using the middle fingers of each hand, and then thumb circles out the little toe, and finally pinch and pull the little toes. Integrate these detailed procedures with alternating palm presses on both feet. Starting just in front of the heel along the medial arch between the pink and white skin, thumb press just underneath the bone. Continue with three or four thumb presses going out along the arch from the heel toward the junction of the metatarsal bones. After the thumb presses that were moving in a distal direction, thumb press back toward the heel, and then integrate with palm presses (Figure 3-8).

7. (Procedures 7, 8, and 9 are carried out on one foot at a time.) Sit at the client's feet, with your outside leg extended straight and the client's leg resting on the thigh of the straight leg. Hold the client's foot with the heel resting in the palm of the hand. With the other hand, hold the foot in the vicinity of the toes. Make full circular rotations of the foot from the ankle, five times clockwise and five times counterclockwise. Repeat the

Position prone — Étirements du bas du dos

Règles de Sécurité — Position Prone

- ■ Ne jamais appuyer directement sur la colonne vertébrale. Toujours travailler de chaque côté.
- ■ Demander toujours si le client a des antécédents lombaires ou cervicaux.
- ■ Pas de compression abdominale en position prone — risque de malaise.
- ✓ Commencer toujours par des pressions légères pour évaluer la tolérance.
- ✓ La respiration du client guide la pression — appuyer à l'expiration.
- ✓ En cas de doute, ne pas faire le geste. La sécurité prime toujours.

Chapitre 5

Position sur le Côté — Latérale

La position latérale est idéale pour les personnes qui ne peuvent pas s'allonger sur le ventre (femmes enceintes, personnes âgées, douleurs respiratoires). Elle offre un accès facile aux hanches, au bas du dos et aux épaules.

**Zones travaillées :**

- Hanches et fessiers
- Bas du dos (lombaires)
- Épaules et communs
- Flancs et côtes

Bénéfices spécifiques :

- Soulagement des douleurs de hanche
- Travail en profondeur du psoas
- Étirements latéraux doux
- Idéal en fin de grossesse

Client en position latérale — Relaxation et travail des épaules

Chapitre 6

Position Assise

La position assise clôture la séance complète ou peut être utilisée seule pour un soin express de 20 à 30 minutes. On travaille essentiellement le haut du corps : épaules, cou, bras et crâne.



Séquence des épaules et du cou :

1. Compressions palmaires des trapèzes — paumes à plat, pression vers le bas en expirant. 3 fois de chaque côté.
2. Pressions des pouces sur le cou — le long des muscles para-vertébraux, du bas vers le haut. 3 passages.
3. Rotations des épaules — guidez l'épaule vers l'arrière puis vers l'avant. 3 fois dans chaque sens.
4. Étirement latéral du cou — guidez doucement la tête vers une épaule, maintenez l'autre épaule vers le bas. 10 secondes.
5. Compressions palmaires de clôture — palmez l'ensemble du dos, des épaules aux reins. Terminez par 3 respirations ensemble.

Position assise — Travail des épaules et du cou

ANNEXES

Contre-Indications et Précautions

■ ■ Important : Le praticien doit toujours évaluer l'état de santé du client avant de commencer. En cas de doute, ne pas faire le soin.

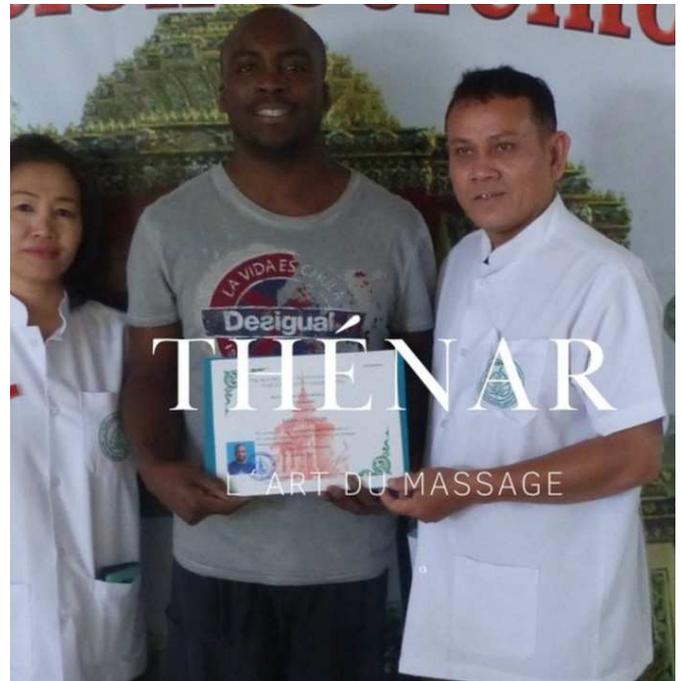
CONTRE-INDICATIONS ABSOLUES		
■ Fièvre élevée	Ne jamais masser	Risque de propagation infectieuse
■ Cancer actif	Soin contre-indiqué	Consulter un médecin en priorité
■ Fractures récentes	Attendre la consolidation	Risque d'aggravation
■ Thrombose veineuse	Danger vital	Risque de délogement du caillot
■ Plaies ouvertes	Éviter la zone	Risque d'infection
PRÉCAUTIONS ET ADAPTATIONS		
■ ■ Ostéoporose	Pression très légère	Pas d'étirements forcés
■ ■ Anticoagulants	Pression légère	Surveiller les ecchymoses
■ ■ Grossesse	Pas de prone · pas d'abdo	Position latérale recommandée
■ ■ Douleur aiguë	Éliminer les gestes aggravants	Évaluer au fur et à mesure
■ ■ Chirurgie du dos	Pas d'étirements prone	Si laminectomie récente
■ ■ Varices	Pas de massage direct	Pression légère autour seulement

Lexique du Massage Thaïlandais

Terme	Définition
<i>Nuad Boran / Nuad Bo'Rarn</i>	Massage thaïlandais traditionnel. Signifie "ancienne thérapie par le toucher".
<i>Wat Po</i>	Temple bouddhiste de Bangkok. Centre historique d'enseignement du massage thaïlandais depuis 1832.
<i>Metta</i>	Bienveillance Aimante. Principe bouddhiste fondamental qui guide la pratique du praticien.
<i>Prana / Lom</i>	Énergie vitale qui circule dans le corps le long des lignes Sen.
<i>Sen</i>	Lignes d'énergie invisibles du corps. Il en existe 10 principales dans le système thaïlandais.
<i>Palm Press</i>	Pression palmaire. Technique de base avec la paume de la main. La plus utilisée.
<i>Thumb Press</i>	Pression du pouce. Pour traiter les points précis le long des lignes Sen.
<i>Supine</i>	Allongé sur le dos. Première position de la séance de massage thaïlandais.
<i>Prone</i>	Allongé sur le ventre. Deuxième position. Travail du dos et des jambes (face postérieure).
<i>Diamond Stance</i>	Position diamond. Le praticien est assis sur ses talons, genoux au sol.
<i>Cat Stance</i>	Position chat. Le praticien est à quatre pattes, bras tendus.
<i>Warrior / Lunge</i>	Position guerrier. Le praticien est à genou relevé, poids sur le pied avant.
<i>Integration</i>	Technique de clôture. Pression palmaire légère pour terminer une zone et unifier le travail.
<i>Thenar</i>	Zone charnue à la base du pouce. Nom choisi par Julien Cauchois pour son studio à Évreux.

Nos Certifications & Diplômes

Julien Cauchois est diplômé du Wat Po à Bangkok, en Thaïlande, une des plus anciennes écoles reconnues au monde. Ces diplômes attestent de la formation complète et officielle reçue sur place.



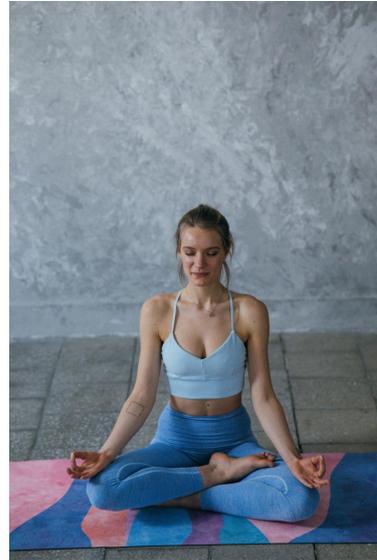
Julien Cauchois

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Techniques issues de la tradition du massage thaïlandais.

THÉNAR MASSAGE ÉVREUX

Techniques issues de la tradition du massage thaïlandais.



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