SELF TREATMENT ADVICE TO CFS/ME PATIENTS

SELF MASSAGE

1. THE FULL ROUTINE (To be completed once at night before bed by patient or with help from a friend, relative, parent or carer)
	1. Nasal Release: Rest elbows on table; place tips of index fingers on either side of nose (above the bridge);

 gently pull down / press up for 7 minutes for the first 10

 days followed by 1 minute.

2. Facial Massage: With fingers spread out apply a little pressure and…

 Gently rub down the face for 20 seconds.

1. Head Massage:
	1. Gently rub down the side of the head for 20 seconds each side.
	2. Gently rub down the back of the head for 20 seconds

 The rest of the massage routine should be completed using

 either a non-perfumed baby oil or sweet almond oil.

1. Neck Massage: Down for 20 seconds (each side).

 5. Breast Massage: Up for one minute each side

 (NB. Divide breast into three sections; outer, middle and inner

 20 seconds each towards the collar bone and not the arm-pit.)

6. Back Massage: Up for 1 minute each side of the spine

 (be careful not to touch spinal column)

7. Neck Massage (Back): Down for 20 seconds each side.

# The Head and Neck drainage Routine (To be completed at least 3 times a day, only if symptoms not too severe 6/10 plus )

* 1. Nasal Release for 1 minute
	2. Facial Massage for 20 seconds at a time.
	3. Head Massage down for 20 seconds at a time.
	4. Neck Massage down for 20 seconds at a time each side and front and back.

 Take Milk Thistle Extract (Silymarin) If Tincture is used, drop into boiling water first. Also try ginger.

 Use Cold & Warm compress 3 times a day on upper spine. (cold only if FMS with warm on muscles)

 Do Rotation Exercises GENTLY AND SLOWLY 3 times a day.

 (Total arc of movement should be 45 degrees).

REMEMBER: PACE YOURSELF!

WHATEVER ACTIVITY YOU FEEL CAPABLE OF DOING - DO HALF!