



Perception of Touch Scale: 1-10

1-2, Light Lotioning: This is used with fragile conditions such as dermal thinning or recent surgery. This touch is very light, 5 grams or less, moving the hairs on the body. It uses effleurage or placing of the hand on the body. Energy techniques such as Reiki would also be in this category. This touch places zero demand on the body. It requires the therapist to be vigilant with depth. It is imperative that the therapist maintain a sharp focus on keeping the touch only to “moving the hairs on the arm” level.

3-4, Skin Depth: This is used for Neuropathy, fatigue and pathologies such as Osteoporosis or recovering Myocardial Infraction. This pressure is nurturing yet firm and has no forceful depth. If the skin turns red it comes back to its original color quickly. There is no attempt to “fix” or be ambitious here. At this level we are encouraging our clients to experience this full handed touch as something to assist them in relaxing. Verbalizing how relaxation helps the body to heal may help with the client who is used to a deeper level of touch.

5-6, Superficial Muscle Depth: This is self-limiting, meaning the client will tell you if it is too much. Most relaxation massages for healthy people are given at this depth. There may be skin reddening and it may stay a little longer but should fade by the end of the massage. This type of massage is intended to help the client to move into the parasympathetic space, which helps their body to focus on healing.

7-8, Deep Muscle Depth: This is the “hurts so good” edge of depth. You are riding the edge of releasing a muscle but not going so deep that it makes the client tense and unable to relax into the work. This level is a place where the client and therapist must work as a team. There must be a level of trust and clear communication as to what will work for the client at this depth.

9-10, “To the Bone” Depth: This is reserved for experienced therapists and even then, there must be great communication between the therapist and client. Most therapists do not go to this depth. It is generally thought to be used in Rolfing or Re-integration work. This depth takes extensive training and experience.

Please Indicate the Perception of Touch that will be appropriate and safe to administer to the client.

1-10: _____

Client's Name: _____

Client's Signature

Parent/Guardian Signature

Date