
Advanced Certificate in Geriatric Shiatsu Massage (Switzerland)

Shiatsu Techniques For Older Adults

Ashi – Japanese term for “foot”. Related terms: Yubi, Koshi. In geriatric shiatsu, ashis are used to stimulate lower limb meridians, improve circulation, and reduce edema. Example: gentle heel press for ankle swelling. Challenge: fragile skin in elderly requires soft pressure and careful monitoring.

Akashi – “mid-day” energy peak in traditional Chinese medicine. Related terms: Chi, Yang. Recognizing akashi helps schedule shiatsu sessions for optimal vitality. Practical application: book treatments after breakfast when seniors have higher energy. Challenge: irregular eating patterns may shift the peak.

Ankle Pressure Technique (APT) – A targeted method applying moderate pressure to the talocrural joint. Related terms: Joint Mobilisation, Peripheral Circulation. Used to alleviate stiffness and improve gait. Example: circular strokes around the ankle capsule. Challenge: osteoarthritis may limit range of motion; adjust intensity accordingly.

Arterial Pulse Diagnosis (APD) – Assessment of pulse quality at the radial artery. Related terms: Pulse Rate, Pulse Depth. Provides insight into cardiovascular health of older adults. Practical use: detecting weak pulse indicating hypotension. Challenge: frail veins may give faint signals; combine with other vitals.

Back-Stroking (Ushiro-Masa) – Long, flowing strokes along the dorsal spine. Related terms: Ki Flow, Spinal Alignment. Helps release tension in the paraspinal muscles, beneficial for chronic low-back pain. Example: smooth pressure from C7 to L5. Challenge: vertebral fragility requires light contact.

Balancing Energy (Kido) – Harmonising the body’s internal energy. Related terms: Qi, Yin-Yang. In seniors, balancing kido can reduce fatigue and improve sleep. Practical application: integrate breathing cues with gentle pressure. Challenge: cognitive decline may affect participation in guided breathing.

Bandage Pressure Technique (BPT) – Use of soft compresses to support joints after shiatsu. Related terms: Compression Therapy, Supportive Dressing. After a knee meridian work, a light bandage can maintain therapeutic effect. Example: elastic wrap applied with 10-15 mmHg pressure. Challenge: ensure no restriction of blood flow.

Body Alignment Assessment (BAA) – Systematic observation of posture and gait. Related terms: Postural Sway, Center of Gravity. Identifies compensatory patterns in older adults. Practical use: note forward head posture before treatment. Challenge: limited mobility may hinder full assessment.

Body Scan (Kokoro-Mimi) – Mental technique of sensing internal sensations. Related terms: Mindfulness, Interoception. Guides therapist to locate tension. Example: therapist imagines energy flow before applying pressure. Challenge: requires therapist’s concentration; fatigue can reduce accuracy.

Bone-Density Awareness (BDA) – Understanding of osteoporotic risk. Related terms: Osteopenia, Fracture Risk. Adjusts pressure levels to avoid micro-fractures. Practical tip: use feather-light strokes over the lumbar spine. Challenge: subtle bone loss may be undiagnosed.

Breathing Synchronisation (Kokyu-Senkō) – Coordinating client's breath with strokes. Related terms: Respiratory Rhythm, Diaphragmatic Breathing. Enhances relaxation and oxygenation. Example: inhale during upward stroke, exhale on release. Challenge: COPD patients may have irregular breathing patterns.

Calf Meridian (Koshi-Sui) – Pathway running from the ankle to the knee. Related terms: Stomach Meridian, Kidney Meridian. Stimulating this meridian reduces leg cramps. Practical application: kneading the gastrocnemius with thumb pads. Challenge: varicose veins may contraindicate deep pressure.

Carpal Tunnel Release (CTR) – Gentle pressure along the wrist's median nerve pathway. Related terms: Neural Mobilisation, Peripheral Neuropathy. Helps relieve tingling in seniors with arthritis. Example: circular motion around the carpal tunnel. Challenge: swollen wrists require reduced force.

Centred Grounding (Chisen) – Technique to connect client to earth's energy. Related terms: Grounding, Stability. Often performed by placing palms on the thighs while the client sits. Practical benefit: reduces anxiety before deeper work. Challenge: limited space in assisted-living rooms.

Chest Expansion Technique (CET) – Stretching the thoracic region to improve lung capacity. Related terms: Rib Mobilisation, Breathing Exercises. Apply gentle upward pressure on the sternum. Example: lift the sternum during inhalation. Challenge: rib fractures in frail elders demand extreme caution.

Chi Flow Assessment (CFA) – Observation of energy movement via skin temperature and pulse. Related terms: Thermal Imaging, Pulse Diagnosis. Detects stagnation in meridians. Practical use: feel warmth along the Large Intestine meridian. Challenge: medication can alter skin temperature.

Chin Stretch (Kubi-Hyou) – Light pressure on the submandibular area to release jaw tension. Related terms: Temporomandibular Joint, Neck Flexors. Useful for seniors with denture discomfort. Example: gentle pull on the chin while the client opens mouth. Challenge: limited neck flexibility.

Circulatory Boost (Ketsu-Jin) – Series of rapid tapping strokes to stimulate blood flow. Related terms: Vasodilation, Microcirculation. Applied on the forearms to reduce cold hands. Practical tip: 5-second bursts followed by a pause. Challenge: fragile capillaries may bruise.

Clavicle Release (Kyou-Hiki) – Soft pressure along the clavicle to free the upper thoracic fascia. Related terms: Shoulder Girdle, Scapular Stabilisation. Helps improve posture in wheelchair-bound seniors. Example: sliding palms from sternum to shoulder. Challenge: presence of pacemaker near the clavicle.

Cold Sensitivity Test (CST) – Simple assessment of peripheral response to cool stimuli. Related terms: Thermoregulation, Peripheral Neuropathy. Determines suitability of certain shiatsu techniques. Practical method: apply a cool metal rod to the wrist for 10 seconds. Challenge: patients with Raynaud's may react

adversely.

Collarbone Meridian (Kei-Jin) – Energy line running from the jaw to the shoulder. Related terms: Gallbladder Meridian, Upper Back. Stimulating this meridian eases tension headaches. Example: gentle press on the clavicular region. Challenge: limited range due to shoulder arthroplasty.

Compression Release (Kyū-Kai) – Applying sustained pressure then releasing to improve tissue elasticity. Related terms: Myofascial Release, Visceral Mobilisation. Effective for stiff abdominal muscles in older adults. Practical tip: hold pressure for 10-15 seconds, then slowly lift. Challenge: abdominal organ fragility.

Core Stabilisation Assessment (CSA) – Evaluating trunk muscle strength. Related terms: Balance, Fall Risk. Determines the need for supportive shiatsu techniques. Example: ask client to lift a light object while seated. Challenge: cognitive impairment may affect cooperation.

Craniomandibular Technique (CMT) – Gentle manipulation of jaw joints to relieve facial tension. Related terms: Temporomandibular Disorder, Facial Musculature. Suitable for seniors with denture soreness. Example: circular motion around the mandibular condyle. Challenge: limited mouth opening.

Cross-Meridian Stimulation (CMS) – Applying pressure on one meridian to affect a paired meridian. Related terms: Yin-Yang Pairing, Energy Transfer. Used to balance the Lung and Large Intestine pathways. Practical application: press on the Lung meridian to influence Large Intestine symptoms. Challenge: complex mapping may require advanced training.

Deep Tissue Pressure (DTP) – Firm, sustained strokes targeting deeper layers. Related terms: Myofascial Release, Trigger Points. In geriatrics, DTP must be moderated to avoid bruising. Example: thumb pressure on the quadriceps for 20 seconds. Challenge: reduced tissue resilience.

Dermal Integrity Check (DIC) – Inspection of skin before treatment. Related terms: Pressure Ulcer, Skin Barrier. Essential for seniors with diabetes or vascular disease. Practical tip: look for dryness, erythema, or tears. Challenge: hidden lesions under folds.

Diaphragmatic Release (DR) – Light upward pressure on the lower ribs to free diaphragmatic tension. Related terms: Respiratory Function, Core Support. Helps improve breathing in COPD patients. Example: palms placed under the rib cage, gentle lift during exhalation. Challenge: abdominal organ sensitivity.

Digestive Meridian (Sho-Jin) – Pathway running from the mouth to the abdomen. Related terms: Spleen Meridian, Stomach Meridian. Stimulating this meridian aids constipation. Practical application: circular strokes on the abdomen clockwise. Challenge: recent meals require lighter pressure.

Ear Acupressure (Mimi-Shiatsu) – Small-scale pressure on ear points. Related terms: Auricular Therapy, Reflexology. Used to calm agitation in dementia. Example: pressing the Shen Men point for 30 seconds. Challenge: delicate cartilage may be sensitive.

Elbow Flexor Stretch (Ude-Nage) – Gentle elongation of the biceps brachii region. Related terms: Upper Limb Flexibility, Joint Mobility. Reduces stiffness after prolonged wheelchair use. Practical tip: hold the forearm and apply a mild pull. Challenge: elbow arthritis limits stretch.

Energy Flow Mapping (EFM) – Visual representation of ki pathways on the body. Related terms: Meridian Chart, Qi. Assists therapists in planning treatment sequences. Example: marking the Lung meridian on the forearm before work. Challenge: individual variations require adaptation.

Extremity Warm-Up (EWU) – Light tapping of hands and feet to increase local temperature. Related terms: Thermal Regulation, Microcirculation. Prepares frail extremities for deeper work. Practical method: gentle finger taps for 1 minute. Challenge: cold environments may reduce effectiveness.

Facial Meridians (Kao-Jin) – Network of energy lines across the face. Related terms: Yin-Yang Balance, Skin Tone. Stimulating these meridians can improve facial circulation. Example: soft strokes around the eyes to reduce puffiness. Challenge: thin skin may bruise.

Fall Prevention Protocol (FPP) – Set of guidelines integrated into shiatsu sessions to reduce fall risk. Related terms: Balance Training, Strengthening. Includes assessment of gait and postural stability. Practical tip: finish each session with a standing balance exercise. Challenge: limited mobility may prevent full protocol.

Feet Meridian (Ashiko-Jin) – Comprehensive pathway covering the soles, ankles, and calves. Related terms: Kidney Meridian, Bladder Meridian. Helps regulate fluid metabolism in seniors. Example: rolling a wooden ball under the foot for 2 minutes. Challenge: neuropathy may reduce sensation.

Finger Pressure Points (Yubi-Kyo) – Specific locations on the digits used for quick energy boost. Related terms: Acupressure, Reflex Points. Helpful for immediate relief of headache. Example: pressing the third finger tip for 15 seconds. Challenge: arthritis may limit pressure tolerance.

Flexor Tendon Mobilisation (FTM) – Light gliding strokes along the forearm flexor tendons. Related terms: Carpal Tunnel, Grip Strength. Supports hand function in seniors with arthritis. Practical tip: use the thumb to follow tendon direction. Challenge: tendon inflammation requires reduced intensity.

Forearm Meridian (Jou-Jin) – Energy line extending from the elbow to the wrist. Related terms: Large Intestine Meridian, Small Intestine Meridian. Stimulating this meridian alleviates wrist stiffness. Example: slow upward strokes with the palm. Challenge: presence of wrist prostheses.

Gastrointestinal Release (GI-R) – Gentle clockwise massage on the abdomen to promote peristalsis. Related terms: Digestive Health, Colon Mobilisation. Beneficial for seniors with constipation. Practical tip: perform 3-minute cycles. Challenge: recent abdominal surgery contraindicates this technique.

Geriatric Assessment (GA) – Comprehensive evaluation of physical, cognitive, and emotional status. Related terms: Comorbidity, Functional Capacity. Determines suitability of shiatsu interventions. Example: using the Mini-Mental State Examination before treatment. Challenge: time constraints in busy clinics.

Gluteal Meridian (Koshi-Jin) – Pathway crossing the buttocks region. Related terms: Hip Joint, Sacroiliac. Stimulating this meridian can ease lower back pain. Example: circular pressure on the gluteal muscles. Challenge: limited access for wheelchair-bound clients.

Hand Meridian (Te-Jin) – Energy route from the fingertip to the shoulder. Related terms: Heart Meridian, Lung Meridian. Light strokes improve circulation in cold hands. Practical tip: use fingertips to trace the meridian. Challenge: rheumatoid arthritis may cause joint pain.

Heat Therapy Integration (HTI) – Combining warm packs with shiatsu strokes. Related terms: Thermotherapy, Muscle Relaxation. Increases tissue elasticity before deep work. Example: apply a warm towel on the lower back for 5 minutes, then proceed with kneading. Challenge: avoid overheating in patients with neuropathy.

Hip Flexor Stretch (Hip-Fu) – Gentle elongation of the iliopsoas. Related terms: Pelvic Alignment, Gait. Reduces anterior pelvic tilt common in older adults. Practical method: place hand on the thigh and gently push the hip forward. Challenge: hip osteoarthritis limits stretch.

Hip Meridian (Tsun-Jin) – Energy line crossing the hip joint. Related terms: Kidney Meridian, Bladder Meridian. Stimulating this meridian supports urinary function. Example: light tapping on the greater trochanter. Challenge: prosthetic hips must be avoided.

Home-Care Adaptation (HCA) – Modifying shiatsu techniques for self-application. Related terms: Self-Massage, Family Training. Provides continuity between clinic visits. Practical tip: teach caregivers simple palm rolls for the forearms. Challenge: caregiver fatigue may limit consistency.

Humor Therapy (HT) – Use of light-hearted conversation to reduce stress. Related terms: Psychosocial Support, Patient Engagement. Enhances the therapeutic alliance. Example: sharing a gentle joke before the session. Challenge: cultural differences may affect receptivity.

Hydration Check (HC) – Assessment of fluid intake prior to treatment. Related terms: Kidney Function, Blood Pressure. Ensures safe pressure application. Practical tip: ask client about water consumption in the last 2 hours. Challenge: dementia patients may be unable to answer accurately.

Hyper-mobility Consideration (HMC) – Adjusting techniques for joints with excessive range. Related terms: Joint Laxity, Instability. Use supportive strokes rather than deep mobilisations. Example: light stabilising pressure on the shoulder. Challenge: identifying hyper-mobility without imaging.

Immune Boost Technique (IBT) – Gentle stimulation of the Lung and Spleen meridians to support immunity. Related terms: Qi, Defensive Qi. Particularly relevant during flu season. Practical tip: short upward strokes on the forearm. Challenge: immunocompromised patients may react differently.

Intra-Articular Pressure (IAP) – Controlled pressure applied within a joint capsule. Related terms: Joint Mobilisation, Arthrocentesis. Rarely used in geriatrics, only when approved by a physician. Example: slight

push into the knee joint space. Challenge: high risk of injury; contraindicated in severe arthritis.

Joint Range Evaluation (JRE) – Measurement of active and passive joint movement. Related terms: Flexibility, Functional Mobility. Guides pressure depth. Practical tip: use a goniometer for the elbow. Challenge: pain may limit accurate measurement.

Kampo Herbs Reference (KHR) – Knowledge of traditional Japanese herbal formulas that complement shiatsu. Related terms: Herbal Medicine, Contraindications. Example: using “Kakkonto” for neck stiffness. Challenge: drug-herb interactions with prescription medications.

Kata Technique (Kata-Shiatsu) – Structured sequence of strokes mimicking martial-arts forms. Related terms: Form, Flow. Provides rhythmic consistency for seniors with cognitive decline. Example: a repeating three-step pattern applied to the back. Challenge: therapist must maintain steady tempo.

Kinetic Chain Awareness (KCA) – Understanding how body segments influence each other. Related terms: Biomechanics, Postural Alignment. Essential when treating the lower back of an older adult. Practical tip: assess foot positioning before lumbar work. Challenge: limited mobility may obscure chain relationships.

Kneading Technique (Momi) – Circular, deep pressure using the heel of the hand. Related terms: Myofascial Release, Muscle Relaxation. Effective for tight quadriceps. Example: 5-second knead followed by a release. Challenge: fragile skin on the thighs.

Kobun-Shiatsu (Whole-Body) – Comprehensive approach covering all major meridians in one session. Related terms: Full-Body Treatment, Energy Balance. Suitable for seniors seeking overall wellness. Practical schedule: 30 minutes, alternating upper and lower body. Challenge: session length may be tiring for frail clients.

Kyusho Points (Vital Points) – Specific acupuncture points used in shiatsu. Related terms: Acupressure, Vital Energy. Example: “LI4” on the hand for headache relief. Challenge: locating points on atrophic tissue.

Leg Meridian (Ashiko-Jin) – Energy pathway extending from the foot to the knee. Related terms: Stomach Meridian, Kidney Meridian. Stimulating this meridian improves circulation in the lower limbs. Practical tip: light strokes up the shin. Challenge: varicose veins require reduced pressure.

Leg Stretch (Ashi-Nage) – Gentle elongation of the hamstrings. Related terms: Hamstring Flexibility, Hip Extension. Reduces risk of falls by improving stride length. Example: therapist supports the ankle and slowly lifts the leg while the client lies supine. Challenge: spinal stenosis may limit stretch.

Liver Meridian (Kan-Jin) – Pathway running from the foot to the chest. Related terms: Detoxification, Emotional Balance. Stimulating this meridian can ease irritability in seniors. Practical method: soft pressure on the inner ankle moving upward. Challenge: menstrual history irrelevant for older women but hormonal changes may still affect response.

Lower Back Mobilisation (LBM) – Series of gentle rotations targeting lumbar vertebrae. Related terms: Spinal Flexibility, Disc Health. Helps alleviate chronic low-back pain. Example: circular motions with the palms on each side of the spine. Challenge: osteoporosis demands light contact.

Massage Duration Planning (MDP) – Structuring session length based on client stamina. Related terms: Energy Management, Therapeutic Window. Typical geriatric session: 45 minutes with 5-minute breaks. Practical tip: monitor breathing and pulse for fatigue signs. Challenge: unpredictable fatigue levels.

Meridian Cross-Check (MCC) – Verifying energy flow by stimulating intersecting points. Related terms: Energy Mapping, Diagnostic Confirmation. Example: pressing the Lung meridian point while assessing the Large Intestine meridian. Challenge: requires advanced knowledge of meridian intersections.

Metacarpal Pressure (Met-Press) – Light pressure applied to the hand bones to improve circulation. Related terms: Hand Health, Joint Mobility. Useful for seniors with osteoarthritis. Practical tip: use thumb pads to press each metacarpal head for 10 seconds. Challenge: swollen joints limit access.

Middle-Back Stretch (Chū-Koshi) – Gentle elongation of the thoracic spine. Related terms: Postural Correction, Rib Mobility. Helps open the chest and improve breathing. Example: therapist places hands on the shoulders and gently pulls the arms backward. Challenge: spinal curvature may restrict movement.

Mobility Aid Integration (MAI) – Adjusting shiatsu techniques to accommodate walkers, canes, or wheelchairs. Related terms: Assistive Devices, Ergonomics. Example: performing back strokes while the client sits in a wheelchair. Challenge: limited space around the device.

Muscle Energy Technique (MET) – Applying a gentle resistance that the client contracts against. Related terms: Isometric Contraction, Neuromuscular Re-education. Used for tightening the calf muscles. Practical tip: ask the client to push the foot against the therapist's hand for 5 seconds. Challenge: cardiovascular strain in frail patients.

Neck Meridian (Jū-Jin) – Energy line extending from the base of the skull to the clavicle. Related terms: Thyroid Meridian, Shoulder Girdle. Stimulating this meridian relieves neck stiffness. Example: light upward strokes along the anterior neck. Challenge: carotid artery proximity requires careful pressure.

Neural Glide (NG) – Soft movement of peripheral nerves to reduce entrapment. Related terms: Neurodynamic, Peripheral Neuropathy. Applied to the sciatic nerve for leg pain. Practical tip: gentle sliding of the palm from the gluteal area down the thigh. Challenge: severe neuropathy may cause discomfort.

Oblique Stretch (Kō-Yō) – Diagonal stretching of the torso to improve flexibility. Related terms: Spinal Rotation, Core Mobility. Helps seniors with limited lateral bending. Example: therapist supports one shoulder and gently pulls the opposite hip forward. Challenge: spinal degeneration may restrict motion.

Obstructed Meridian Release (OMR) – Technique to clear stagnation in a blocked meridian. Related terms: Stagnation, Qi Flow. Performed by rhythmic tapping along the blocked pathway. Practical tip: 3-second taps

followed by a pause. Challenge: identifying the exact location of blockage.

Occipital Pressure (OCC-Press) – Light pressure on the base of the skull. Related terms: Head Meridian, Stress Relief. Reduces tension headaches in seniors. Example: fingertips placed gently on the occipital ridge for 20 seconds. Challenge: skull fragility after falls.

On-the-Spot Assessment (OSA) – Immediate evaluation of client needs before treatment. Related terms: Rapid Screening, Clinical Judgment. Involves checking pulse, skin temperature, and pain level. Practical tip: use a quick questionnaire. Challenge: time constraints in busy clinics.

Palmar Meridian (Te-Jin) – Energy line running across the palm. Related terms: Heart Meridian, Pericardium Meridian. Stimulating this meridian can calm anxiety. Example: gentle circular strokes on the palm center. Challenge: limited hand dexterity may affect technique.

Paraspinal Kneading (P-Knead) – Focused circular pressure along the muscles beside the spine. Related terms: Muscle Tension, Back Pain. Effective for chronic lumbar discomfort. Practical tip: use the heel of the hand, moving from lower to upper lumbar region. Challenge: vertebral compression fractures require very light pressure.

Patellar Meridian (Knee-Jin) – Pathway crossing the knee joint. Related terms: Stomach Meridian, Bladder Meridian. Stimulation reduces knee swelling. Example: gentle tapping around the patella. Challenge: knee replacements prohibit deep pressure.

Pelvic Tilt Correction (PTC) – Adjusting anterior or posterior tilt through shiatsu strokes. Related terms: Sacroiliac Alignment, Postural Balance. Helps improve gait in seniors with excessive forward tilt. Practical tip: press on the sacrum while the client relaxes. Challenge: severe hip pathology may limit correction.

Peripheral Sensation Check (PSC) – Testing light touch and temperature on extremities. Related terms: Neuropathy, Sensory Loss. Determines safe pressure levels. Example: using a cotton wisp on the foot dorsum. Challenge: diabetic neuropathy may mask sensations.

Pillow-Support Technique (PST) – Using cushions to maintain comfortable positions during treatment. Related terms: Ergonomics, Comfort. Essential for seniors with limited mobility. Practical tip: place a firm pillow under the knees when the client lies supine. Challenge: limited space in small rooms.

Polarity Balance (Pol-Bal) – Adjusting positive and negative energy fields. Related terms: Electromagnetic Sensitivity, Qi Balance. Some seniors report improved sleep after polarity work. Example: light sweeping strokes from head to feet. Challenge: subjective nature makes outcomes variable.

Posterior Chain Stretch (PCS) – Stretching the hamstrings, glutes, and lower back together. Related terms: Flexibility, Fall Prevention. Helps maintain stride length. Practical tip: therapist gently lifts the leg while the client lies prone. Challenge: spinal stenosis may cause discomfort.

Pressure Sensitivity Scale (PSS) – Rating system from 0 (no pressure) to 10 (maximum) to gauge client tolerance. Related terms: Feedback, Adjustment. Used at the start of each session. Example: client reports a 3 for light pressure. Challenge: cognitive impairment may affect self-reporting.

Proprioceptive Stimulation (PS) – Gentle taps on joints to enhance body awareness. Related terms: Kinesthetic Sense, Balance. Beneficial for seniors with vestibular decline. Example: light tap on the ankle to cue foot placement. Challenge: reduced nerve function may limit effect.

Quadriceps Activation (QA) – Technique to engage the thigh muscles. Related terms: Strengthening, Mobility. Therapist applies pressure while the client performs a slight leg extension. Practical tip: 5 repetitions of gentle push. Challenge: joint pain may inhibit activation.

Radial Pulse Assessment (RPA) – Evaluating pulse at the wrist for rhythm and strength. Related terms: Cardiovascular Health, Vital Signs. Important before deep tissue work. Example: 30-second count of beats. Challenge: arrhythmias may complicate interpretation.

Rebound Technique (R-Tech) – Quick release after a firm press to stimulate tissue elasticity. Related terms: Viscoelastic Response, Shock Absorption. Used on the forearm muscles. Practical tip: press for 3 seconds, then release rapidly. Challenge: over-use may cause bruising.

Reflex Zone Mapping (RZM) – Charting specific areas on the hands and feet that correspond to internal organs. Related terms: Reflexology, Meridian Correlation. Guides targeted shiatsu for organ support. Example: applying pressure on the foot's kidney zone for renal health. Challenge: accuracy varies among individuals.

Renal Meridian (Jin-Jin) – Energy line associated with kidney function. Related terms: Water Metabolism, Energy Storage. Stimulating this meridian may aid fluid balance. Practical tip: light strokes along the inner ankle upward. Challenge: patients with renal insufficiency need medical clearance.

Respiratory Flow Enhancement (RFE) – Series of strokes aimed at improving lung capacity. Related terms: Breathing Exercises, Chest Expansion. Useful for seniors with reduced spirometry. Example: upward palms from the diaphragm to the clavicle. Challenge: severe COPD may limit effectiveness.

Reverse Stretch (Rev-Stretch) – Gentle elongation of muscles opposite to the usual direction. Related terms: Antagonist Stretch, Flexibility. Applied to the calf after quadriceps work. Practical tip: therapist supports the ankle and pushes the foot toward the shin. Challenge: limited ankle dorsiflexion.

Rotational Mobilisation (RM) – Slow, controlled twisting of a joint. Related terms: Joint Play, Range of Motion. Used on the shoulder for improved overhead reach. Example: therapist holds the elbow and rotates the arm gently. Challenge: rotator cuff pathology requires avoidance.

Scapular Release (Scap-Rel) – Light pressure on the shoulder blade to free muscular tension. Related terms: Shoulder Girdle, Postural Support. Helps seniors with rounded shoulders. Practical tip: place palms on the

medial scapula and apply a soft glide. Challenge: scapular winging may need modified pressure.

Seasonal Adjustment Protocol (SAP) – Modifying treatment intensity according to weather changes. Related terms: Thermoregulation, Energy Flow. In winter, increase warming strokes; in summer, use cooling techniques. Example: apply peppermint oil for cooling in hot months. Challenge: individual tolerance varies.

Self-Care Education (SCE) – Teaching clients simple movements they can perform at home. Related terms: Patient Empowerment, Continuity of Care. Includes gentle hand rolls and ankle rotations. Practical tip: provide illustrated handouts. Challenge: memory loss may affect adherence.

Senior-Specific Contra-Indications (SSCI) – List of conditions where shiatsu should be avoided or modified. Related terms: Medical Clearance, Risk Management. Includes severe osteoporosis, recent fractures, uncontrolled hypertension. Practical tip: always verify with the primary physician. Challenge: incomplete medical records.

Shoulder Meridian (Jō-Jin) – Energy pathway crossing the shoulder joint. Related terms: Gallbladder Meridian, Upper Back. Stimulating this meridian can relieve shoulder stiffness. Example: circular pressure on the deltoid. Challenge: rotator cuff repairs limit manipulation.

Side-Lying Position (SLP) – Client lies on their side for targeted work on the hip and lower back. Related terms: Positioning, Comfort. Allows access to the gluteal meridian. Practical tip: place a pillow between the knees. Challenge: limited lateral mobility may require assisted positioning.

Spinal Alignment Check (SAC) – Quick visual assessment of spinal curvature. Related terms: Posture, Kyphosis. Determines need for corrective strokes. Example: observe from the side while client stands. Challenge: severe scoliosis may obscure evaluation.

Spinal Flexion Stretch (SFS) – Gentle forward bend to stretch the lumbar spine. Related terms: Flexibility, Disc Health. Helps relieve tension in the lower back. Practical tip: therapist supports the hips while the client leans forward. Challenge: herniated discs require caution.

Spinal Mobilisation (SM) – Controlled, low-force movements of the vertebrae. Related terms: Joint Play, Range of Motion. Applied to the thoracic spine to improve breathing. Example: therapist places hands on each side of a vertebra and gently rotates. Challenge: osteoporosis limits depth.

Spleen Meridian (San-Jin) – Energy line linked to digestion and immune function. Related terms: Digestive Health, Qi Distribution. Stimulating this meridian can aid appetite. Practical tip: light strokes on the inner thigh moving upward. Challenge: abdominal surgeries may contraindicate direct pressure.

Standing Balance Exercise (SBE) – Simple movement incorporated at the end of a session to improve stability. Related terms: Fall Prevention, Core Strength. Example: client stands and shifts weight from one foot to the other. Challenge: severe weakness may require assistance.

Stomach Meridian (Shō-Jin) – Pathway from the face down the front of the body to the foot. Related terms: Digestive Function, Energy Flow. Gentle strokes along