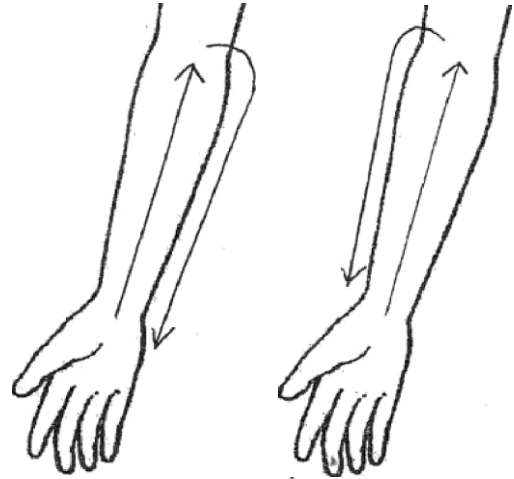
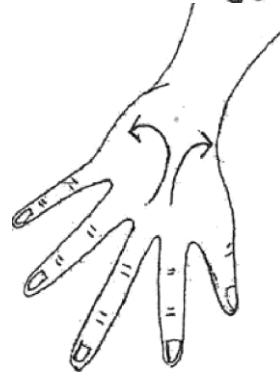


## 手部按摩

1. 輕撫法前臂 x 3 次



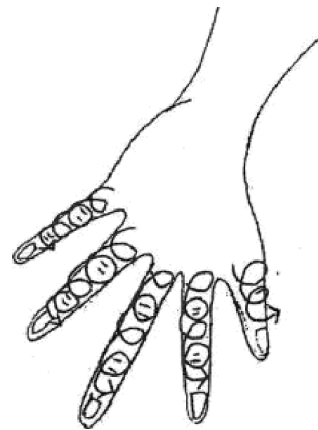
2. 在手背上用魚際捏法



3. 手指公向上推手背的骨與骨之間位置或用摩擦法打圈

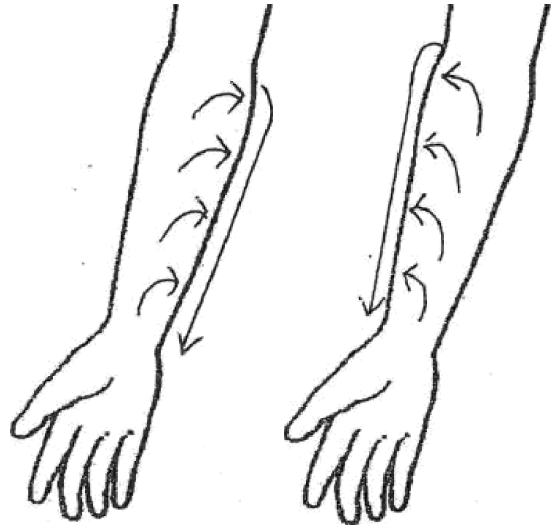


4. 以大母指摩擦打圈按手指關節位

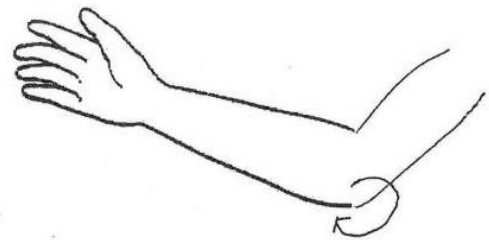


5. 摩擦打圈腕骨

6. 用指母摩擦前手臂

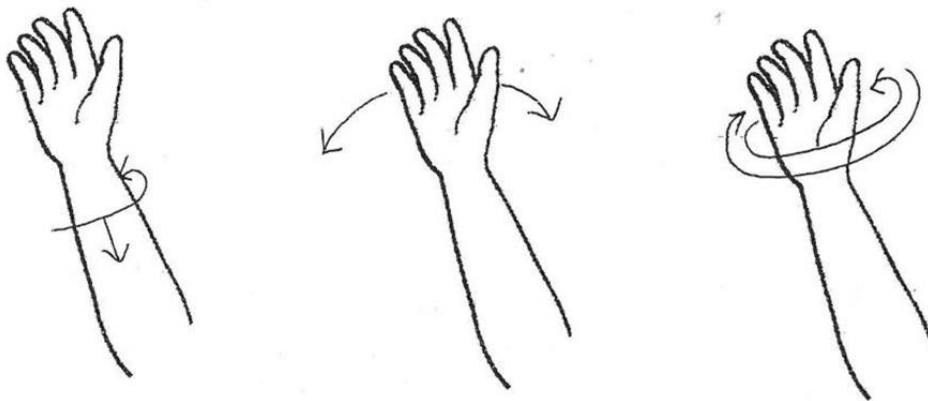


7. 用摩擦法打圈按手肘位



8. 用手掌包前手臂，向下推捏

9. 合掌手腕向前後各按壓



10. 用指母交替推按手掌



11. 轉動雙手

