Tips to Informal Caregivers
on Giving Personal Care

# To Give a Back Rub

Back rubs increase circulation, relax the person and increase the person's comfort.

**Procedure:**

- Explain what will be done.
- Face the head of the bed with the outer foot slightly forward and the knee slightly flexed so that you can rock back and forth as pressure is applied.
- Place the person on abdomen.
- Put lotion or cream in hands to warm and then apply to the person's back.
- Apply pressure with palms of both hands, beginning at the lower back and moving up toward the shoulder, using long, firm, but gentle strokes, sweeping upward, outward and downward.
- Note bony areas and massage gently around them.

*The above statements are not intended to diagnose, treat, cure or prevent any disease. You should always consult with your physician about any health and lifestyle concerns or issues you may have.*