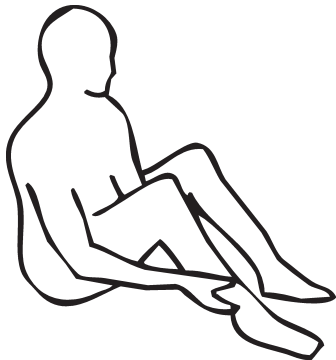


SELF-MASSAGE FOR RUNNERS



Try these moves between massage sessions, especially after working out. If you want to use massage oil, try adding a little essential oil, about 10 drops, of eucalyptus, birch or rosemary to an ounce of massage oil.

1. Sitting on a chair or on the floor, begin by using both hands to squeeze and release the upper thigh. Work downward toward your foot. Work the front, back and both sides of the full length of both legs.
2. Roll the calf muscle back and forth between the heels of your hands. Work both legs from the knee to the ankle in a rhythmic motion.
3. Pressing deeper into the muscles of the whole leg, make circles with your fingertips or the heel of your hands, working up and down both legs.

Caution: If any of these moves are painful, your muscles may be very tight or you may have shin splints or some other common runner's injury. If you don't see any improvement or if the pain is intense, discontinue self-massage and consult with your massage therapist or physician.