

The Perrin Technique

Basic Self-Treatment Advice for CFS/ME Sufferers using Self-Massage

A. The FULL ROUTINE

To be completed at least once a day with or without help from a carer:

1. Nasal Release

Rest elbows on table; place tips of index fingers on either side of nose (above the bridge); gently pull down /press up for 7 minutes for the first 10 days followed by 1 minute a day thereafter.

2. Facial Massage

With fingers spread out apply a little pressure and gently rub down the face for 20 seconds.

3. Head Massage

- a. Gently rub down the side of side of the head for 20 seconds each side.
- b. Gently rub down the back of the head for 20 seconds.

The rest of the massage routine should be completed using either a non-perfumed baby oil or sweet almond oil or coconut oil etc.

4. Neck massage

Massage the neck downwards for 20 seconds on each side.

5. Breast massage – using Sun Flower oil or similar.

Up to one minute each side – divide each breast into three sections; outer, middle and inner allowing 20 seconds each towards the collar bone and not the arm pit.

6. Back Massage

Up to one minute each side of the spine, being careful not to touch the spinal column.

7. Neck Massage

Massage the back of the neck downwards, from the base of skull for 20 seconds each side. Rub downwards from just above the collar bone to bring out any toxins from the neck to finish.

B. The SHORT ROUTINE - Head and Neck drainage

To be completed at least 3 times a day or more if no improvement, up to once an hour.

1. Nasal Release for one minute
2. Facial Massage for 20 seconds at a time
3. Head Massage downwards for 20 seconds at a time.
4. Neck Massage downwards for 20 seconds at a time each side and front and back.

Take **Milk Thistle** extract (Silymarin). If using tincture used drop into boiling water first. Use Cold (3 degrees C) & Warm compress 3 times a day for 3 minutes each on upper back. Do Rotation Exercises including shoulder level movements, gently and slowly 3 times a day. (Total arc of movement should be no more than 45 degrees).

Remember – Pace yourself! Whatever activity you feel capable of doing do half.