

## **BACK RUB**

### **PURPOSE:**

1. To increase circulation.
2. To stimulate muscle tone.
3. To relieve nervous tension and relax muscle spasms.
4. To relieve pain and discomfort.
5. To promote skin integrity and prevent skin breakdown.

### **EQUIPMENT:**

1. Basin of warm water, mild soap, wash cloth and towel.
2. Lotion.

### **PROCEDURE:**

1. Lower head of bed and have resident lie on abdomen, if possible; otherwise, on side.
2. Expose entire back, wash and pat dry.
3. Pour generous amount of lotion in palm of hand; rub hands together to spread and warm.
4. Start at buttocks and work upward to shoulders in circular motion, one hand on each side of spine, using heel of palm and heel of the thumb. Rub neck muscles well.
5. Use long strokes, rub from buttocks to shoulders. Stroke to shoulders to upper arms and back down to buttocks. Use firm strokes keeping hands in contact with skin. Rub bony areas with circular motion.
6. Place resident in position of comfort or assist resident with positioning.
7. Replace bedclothes and leave resident clean and comfortable.
8. Place call light in reach.

### **Note:**

- Avoid pressure over bony areas with very little muscle covering.
- Avoid rubbing extremities of residents on bedrest due to potential for thrombus formation.
- Avoid rubbing skin areas with superficial or deep tissue trauma due to potential for increased damage or bleeding.