

Introduction to “Jap Sen” (Nerve Touch)

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(Mama) Lek Chaiya long ago developed her own style of Thai massage, somewhat unlike any other teachings in Thailand. She calls this form of massage "Nerve Touch" since it is distinguished by a deep tissue approach to muscles, tendons and nerves for full body massage and specialized therapies.

Nerve Touch applies stronger pressure using knees, elbows, feet, heels and thumbs. In Lek Chaiya's style of massage there is a rolling over or "gentle twanging" of the muscles and nerves for deep release of tension and therapeutic benefit for many conditions, especially back pain, carpal tunnel syndrome, migraines, numbness and paralysis.

The techniques in this workshop are meant to give the student a basic introduction to the “jap sen” style of nuad boran.



Thumb circles on ankles

Kneel between your client's feet.

Rotate thumbs below the client's ankles 3 times in each direction

Rotate Ankle

Grip client's ankle using 4 fingers on the acupressure point at the top of the ankle joint (Stomach 41 - vajra) and thumb under the inside of the ankle.

Your outside hand rotates the foot 5 times in each direction.

Push into ball of foot and lean back for full range of motion.





Thumb roll outside line 1 on shin

Your inside hand holds the knee.

Roll or “twang” your thumb from outside line 1 outside over the ridge of the *tibialis anterior* muscle. Do this 3 times at each point down to the ankle and up to the knee again.

Palm press inside of thigh

Assume a half kneeling position, and place your inside knee below client’s foot.

Press and roll with the heel of your palm over the inside muscles (*gracilis and sartorius*) 3 times at each placement. Move up and down the thigh.



Heel roll tendon at center of hamstring

Assume a sitting position inside your client’s legs. Position client’s leg at a 90 degree angle and place their foot over your outside leg. Tuck toes underneath and lock their heel with your hand. Place your inside hand under the knee of the client’s straight leg for traction. Use the heel of your inside foot to gently roll or “twang” over the tendon at the center of the hamstring. Do it 3 times at each placement, up and down the thigh as many times as needed until you feel the tendon softening and releasing. Gradually increase the depth and pressure used.

Rotate hip

Place your outside hand on the thigh beneath the knee, and your inside hand on the top of the foot. Apply pressure downward on the foot and towards the client's head. With equal pressure rotate the hip 5 times outward only.

Rest your knee against their knee for support.



Leg bent outward

To bend the client's leg out, push the knee up and turn the foot out gently and then bring the knee down towards the mat. Place your thigh under client's knee if they need support

Place one hand on top of thigh and one hand above knee. Move top hand down and up the thigh at 4 points.

Finish with an extra technique by placing your top hand under the waist (beside the spine) and lean back, Simultaneously press the knee downward gently.

REPEAT SEQUENCE FROM 'ROTATE ANKLE' TO THIS TECHNIQUE ON THE OTHER LEG (Bottom, p.30)

Palm press thighs

Palm press thighs (with straight fingers). Press inward just below the I.T. band, lift the muscle up, and then press down and outward on the quads. (IN-UP-DOWN)

Open the wind gate (stop blood flow) unless contraindicated.





Sen lines on arm

Extend arm from client's body 90 degrees.

Twang across center tendon with thumb, alternate with grasping and lifting inside and outside tendons, 3 times each point.

Thumb roll over energy line on upper arm (below the bicep muscle) until you reach the shoulder points.

Shoulder (Pectoral) Points

3 Points on the front of the shoulder correspond with the 3 inside energy lines of the arm.

Line 1 corresponds with the thumb. It moves from the thumb along the muscle close to the radius, to the acupressure point at the inside crease of the elbow. Then it follows above the bicep muscle to point 1 on the shoulder.

Line 2 corresponds with the middle finger. It moves from the center of the wrist up the center of the forearm up to the elbow. Then it follows up to point 2 on the shoulder.

Line 3 corresponds with the pinky finger. It moves along the muscle close to the ulna, to the acupressure point at the outside crease of the elbow. Then it continues below the bicep muscle to point 3 on the shoulder.



Outside lines of arm

Bend the arm upward at a 90 degree angle.

Hold the client's hand with your inside hand. Firmly "twang" over the middle outside energy line and tendon with all of your fingers. Do it 3 times at each spot, moving up and down the sen line.

Two inside lines

Still holding the client's hand with your inside hand, move their arm away from you. Roll or twang with your thumb across the middle tendon until you reach the elbow. Move up and down along the line.

Then roll or twang across the tendon in line with the pinky finger until you reach the elbow. Move up and down the line.





Stretch the wrist

Interlace fingers with your client (your hand should be facing downwards). Hold her forearm with your other hand.

Stretch the wrist down and then straighten her hand and lean back. Move up 3 positions on the forearm and return down again.

REPEAT FROM “SEN LINES ON ARM” (p. 33, top) ON THE OTHER ARM

Head to knee stretch

Place the client’s feet on top of your thighs and hold their wrists.

Slowly pull client toward you 5 times. (You can step back with one foot if you need more balance)

To release, slowly step back letting the client’s feet gently fall between your legs.



Shoulder release

Stand behind your client. Grip and pull with flat fingers the front of the tendon at the top of the trap muscle and roll over the tendon while stretching the head forward.

Repeat this 3 times on each shoulder.

17) Shoulder & neck stretch

While standing behind your client, press down with one hand on shoulder and press head in opposite direction.

Work 3 points on shoulder.

Maintain pressure 60% on shoulder and 40% on head





Forward stretch

Place palms on the upper back and push forward.
Work 5 points down the back and up again.

Lay Back

Bring the client back to rest lying on the balls of your feet, and let your toes bend back ward.

Client then reaches above their head and holds your waist. Lean back and push forward with the balls of your feet simultaneously.

Foot placement 1: At the waist



Foot placement 2: Center of the back

Foot placement 3: Directly in between the center of the shoulder blades

