

CORESTONES

UPGRADE YOUR HANDS





SHELLE HAGEN, LMT

has been a LMT, since graduating a 1,100 hour program from Professional Institute of Massage in 2002. Having also completed a BA in Exercise Science from Concordia Collage in MN with honors.

She then proceeded on to become founder/owner of Elite Therapeutic Massage as well as Co-Founder/Owner of Elite Massage Academy. In 2022 She acquired CoreStones because of the great legacy the company has built in delivering an excellent tool for therapists while saving their wrists and hands and providing an experience like no other!



MEET THE CLASS

What is Your:
Name

Reason for Taking the Class

Something
Interesting



COURSE DESCRIPTION

In this comprehensive training, we will learn techniques using Corestones, which will enhance your massage therapy sessions. Proper body mechanics are an integral part of this course and you will learn how to incorporate corestones into your massage without compromising your wrists and hands. The contraindications/considerations of hot stone massage will be reviewed and we will discuss ways to alter sessions to accommodate certain conditions. You will learn how to heat and cool corestones to the proper temperature to achieve our desired therapeutic outcome: deep muscle relief without causing tissue trauma and learn how to sanitize your stones for client safety. Corestone massage is Ergonomist recommended and can save your hands and extend your career - you will be working with more ease and less strain.

Participants may need to bring a massage table, bolster, linens, and lotions/oils depending on course locations.



COURSE OBJECTIVES

- Describe how to heat corestones to a safe temperature.
- Demonstrate how to properly hold a corestone without compromising their wrists or hands.
- Demonstrate how to use a corestone to treat myofascial tissues and trigger points.
- Demonstrate proper body mechanics.
- Manipulate the soft tissues in a full body 60 minute massage routine.
- Describe the benefits of using corestones hot or cold.
- INCREASE THEIR INCOME WITH A NEW SERVICE!

GET TO KNOW YOUR CORESTONES





fargo
Ergonomics

Corestones are listed as recommended massage therapy equipment to reduce the risk of cumulative trauma for massage therapists according to Ergonomist.
Crystal Nelson, MS, OTR/L, CEAS, REAS

12" BATON

Useful for large areas of the body.

Use the broad length of the stone for myofascial release or circular friction.





7" CORESTONE

Use the broad length of the stone for myofascial release or circular friction.

5" CORESTONE

Comes In Rounded and 45 Degree Angled Ends.

Use the slightly beveled round end of the stone for trigger point release.





3.5" CORESTONE

Use the angled end of the stone for muscle stripping, specific point release, frictioning, and hand or foot reflexology.

ACUPRESSURE STONES

Comes In 45 Degree
Angled Ends.

Use the slightly beveled
round end of the stone for
trigger point and
acupressure point release





OMNI STONES

A great option for Gua Sha treatments. Also, smaller muscle groups including the face.

FASCIA STONE

The best choice
for longer Gua
Sha Sessions
that cover larger
areas of the
body





**Also Know as Migraine Stones
Great to use for the face and neck with
cold treatments.**



COLD STONES



CORESTONE WARMER

Electric Warmers– These warmers are the most controllable, efficient, economical and safe equipment for the purposes of stone massage.

They take up only 12” to 16” of a countertop surface.

The temperature can be controlled in a matter of seconds by adjusting the temperature-control dial up or down one increment, as needed, mid-session.



HOW TO HEAT / COOL CORESTONES

- Large Electric Roaster
- Hot Towel Cabinets
- Suitcase type

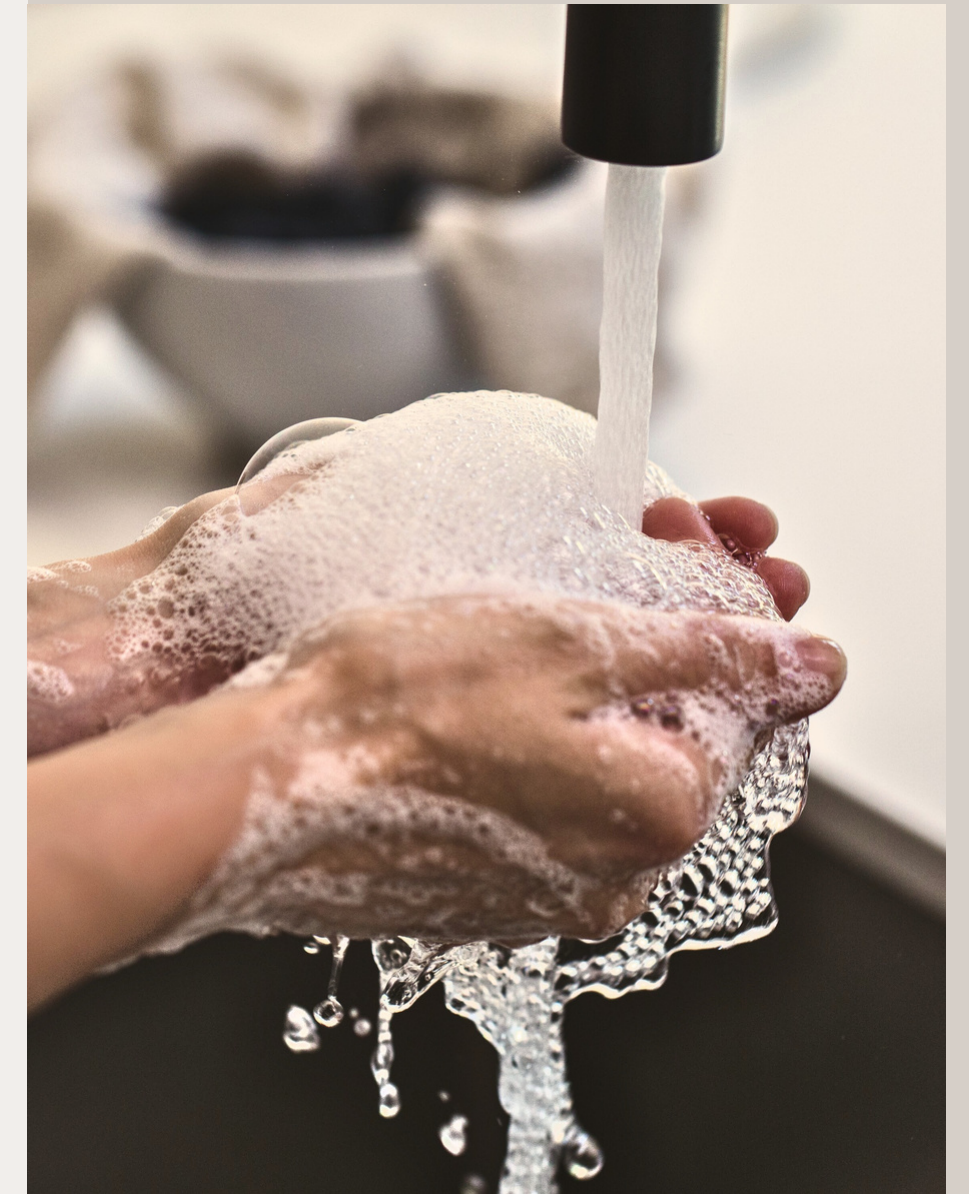
We have selected, and prefer, the lightweight electric warmer as the most efficient, easy and effective product for warm, therapeutic stone preparation. It is also covered in a silicon mat to protect the stones, and dampen noise.

CLEANING AND CARE

You must sanitize your stones, mat, and heating surface after each session before using them on the next client.



Alcohol wipes/spray or Prevention brand wipes (**This eliminates the need to carry your stones to a sink and reduces the risk of chipping or breaking a stone.**)

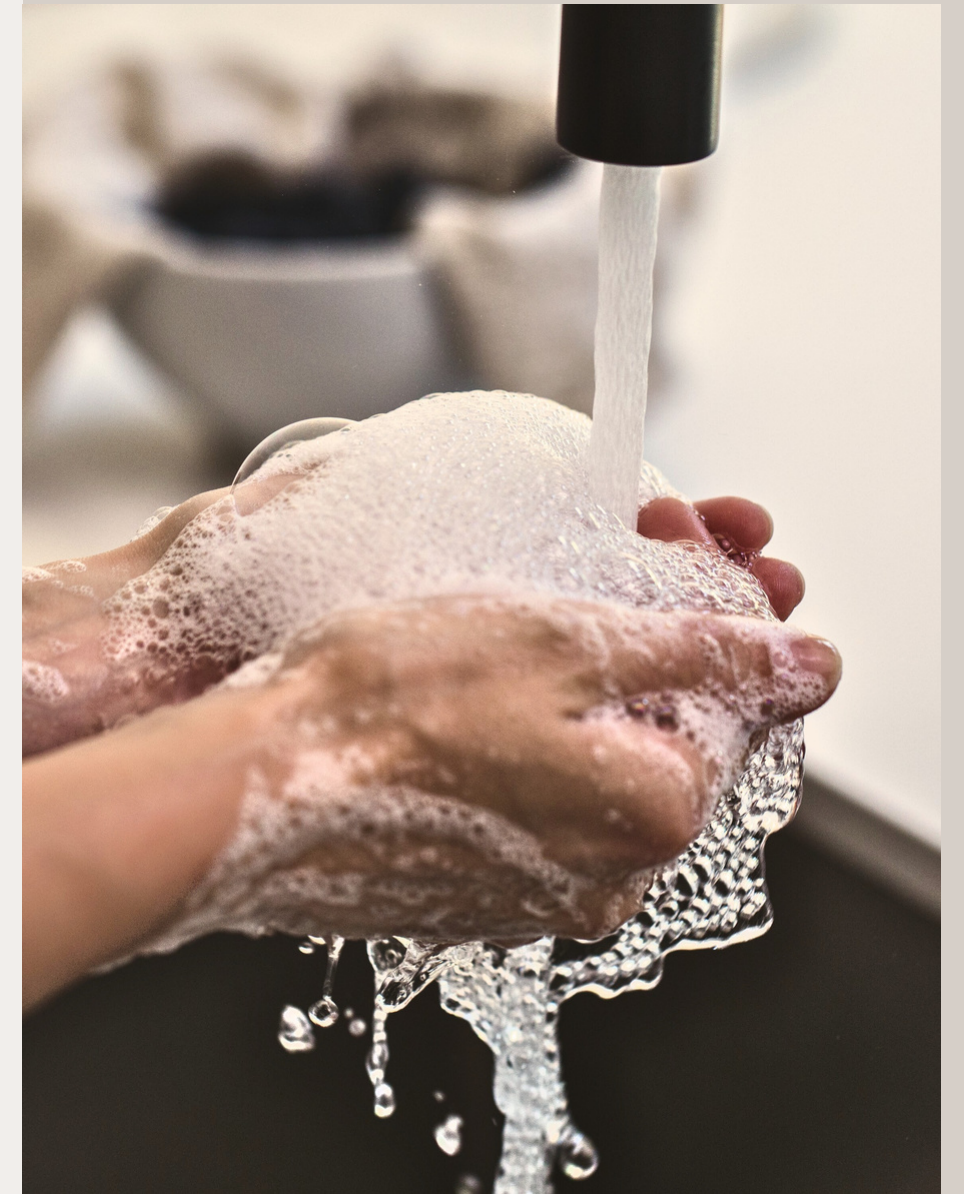


CLEANING AND CARE

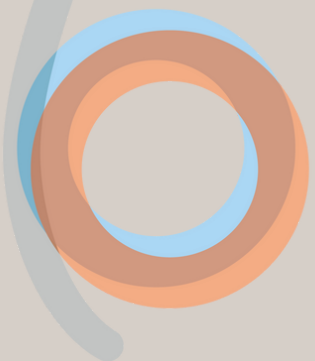
STONES ARE DELICATE so care must be taken when washing them.
Do NOT drop them in the sink or clash them together.



DO NOT SUBMERGE ANY PART OF STONE WARMER IN WATER



corestones



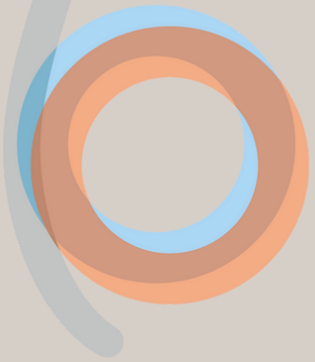
LOTIONS FOR CORESTONES

CoreStone offer 4 products that we have found that work extremely well as well as are very cost effective!

We offer a subscription program with our products

We also have single order option, or auto-ship. To get a fresh gallon every 1, 2, 3 or 4 months.

corestones



LOTIONS FOR CORESTONES

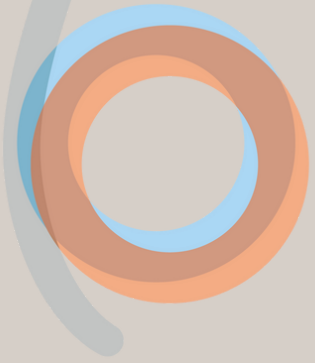
- Hypo-allergenic
- All Natural Ingredients
- Unscented
- Cruelty Free
- Paraben Free
- <https://thederreview.com/what-are-parabens/>
- No Mineral / Petroleum Products Used
- Easily Washes Out of Linens
- Non-greasy Formulas
- **INCREDIBLE PRICE AND CONVENIENCE!**



NATURE'S BLEND MASSAGE LOTION

A thick rich blend of grapeseed oil and sesame oil with organic extracts and vitamin E to enrich the skin, this lotion provides an extra long-lasting glide.

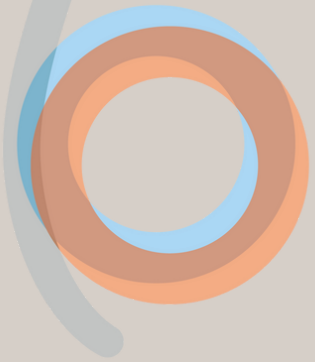
Hypo-allergenic, and a simple lotion formulation to provide excellent, non-irritating lubrication for all types of massage modalities.



NATURE'S BLEND MASSAGE OIL

Developed with the assistance of professional massage therapists this water dispersible blend is formulated to give optimal performance during all therapies.

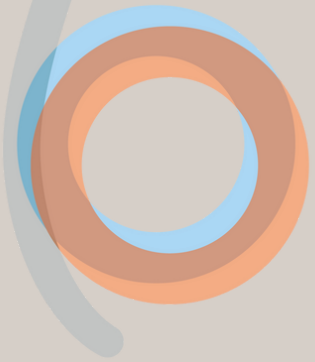
This luxurious combination contains oils of jojoba, coconut, sesame, apricot kernel and sweet almond and vitamin E. An excellent choice for an all purpose massage oil.



NATURE'S BLEND MASSAGE CREAM

This thick, luxurious massage cream provides an extra smooth glide and lubrication. It goes on with a unique, satiny feel – never oily or greasy – and then progresses to a powdery, almost dry feel.

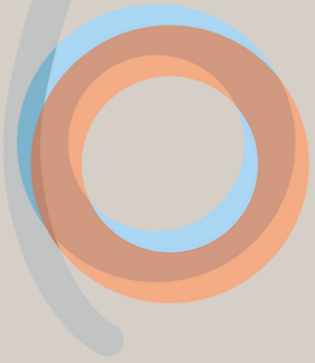
With a base of jojoba, blended with extracts of chamomile, arnica and aloe and vitamin E have been included to keep the skin soft and supple.



ARNICA & ICE MASSAGE LOTION

This lotion is the perfect combination to add to your hot stone session! Finish with a cooling effect!

Organic extracts of arnica, organic white willow and natural turmeric combine with the crisp & clean scent of peppermint from the healing crystals of 9% menthol.



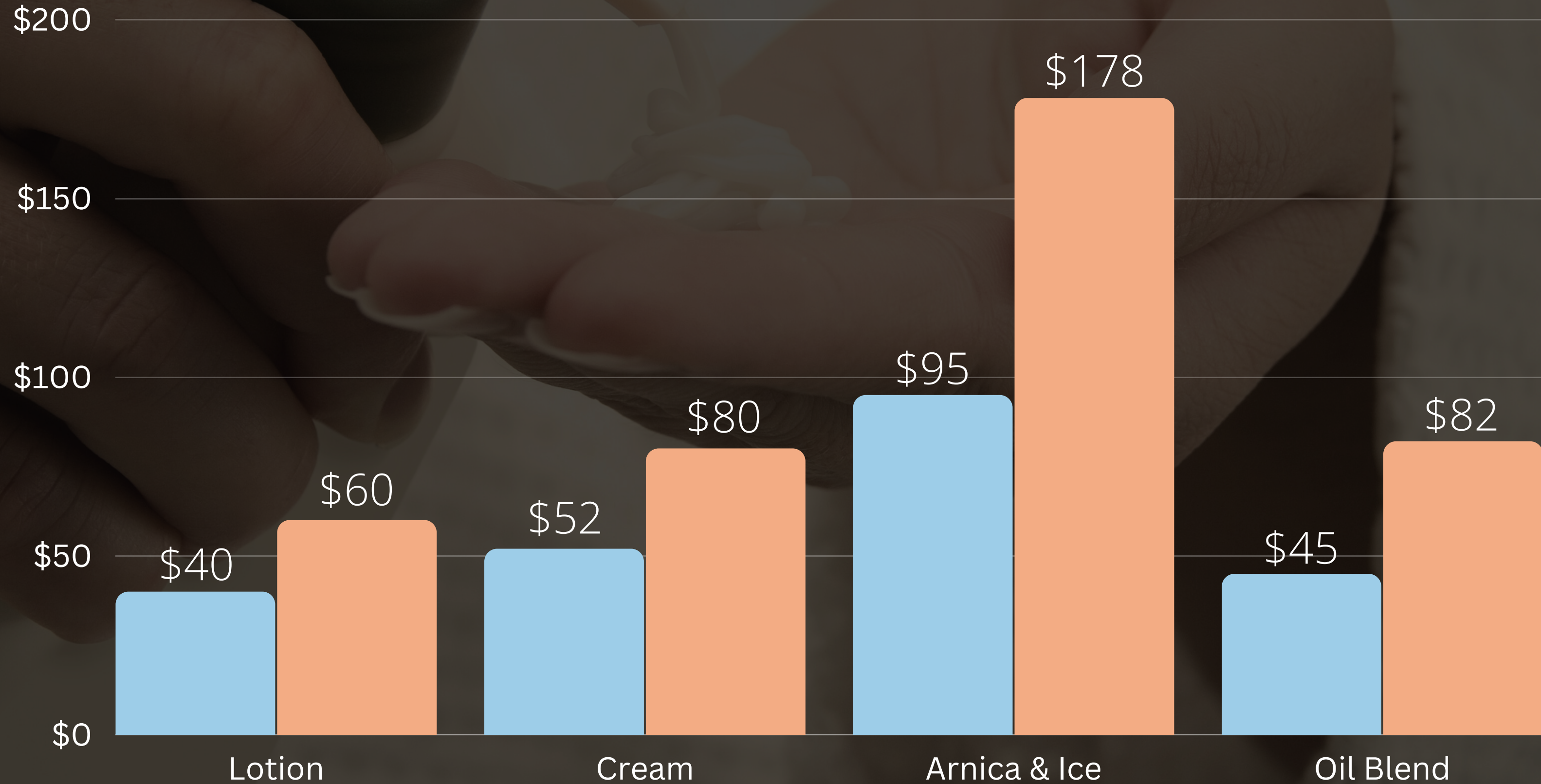
ARNICA & ICE MASSAGE LOTION


There are a large number of uses of menthol oil and you can use it anytime!

If you wish to get rid of a large number of problems like joint pain, migraines, respiratory issues, and other pain in your body, this menthol oil is very helpful for you.

COST COMPARISON

■ Natures Blend ■ Other Brands



A close-up photograph of a healthcare professional, likely a doctor or nurse, wearing blue scrubs. A stethoscope is draped around their neck. They are holding a tablet computer with both hands. The background is softly blurred, showing what appears to be a hospital or clinic setting with warm lighting.

CONTRAINDICATIONS OF CORESTONE

CONTRAINDICATIONS OF CORESTONE

- Any condition where client has a loss of sensation, including: Neuropathy, Diabetes, High Blood Pressure, post-surgery, acute injury or trauma where nerves have been affected.
- Anyone taking medications that have side effects to heat.
- Anyone on chemotherapy or radiation treatments.
The body is in a weak state and the body may not be able to balance itself after being challenged by the varied temperatures.
- Anyone with a depressed immune system, including clients with: Lupus, Epstein Barr, Mononucleosis, HIV/AIDS or Cancer.

CONTRAINDICATIONS OF CORESTONE

- Pregnancy, due to the rise in body temperature.
- Cardiac patients. Temperatures challenge the circulatory system.
- Clients with psoriasis, skin cancer, burns, dermatitis, eczema, rosacea, acne, shingles, herpes, or any acute skin condition - avoid areas of irritation.

CONTRAINDICATIONS OF CORESTONE

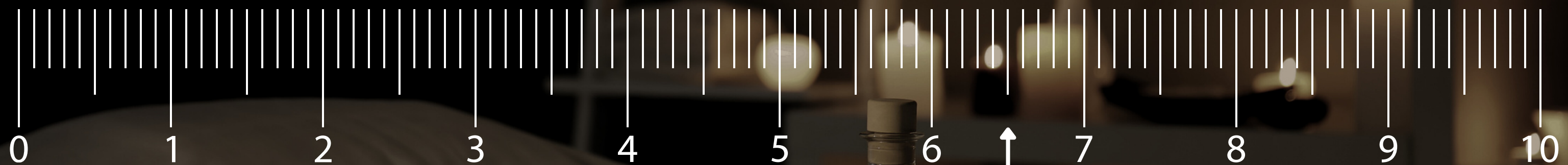
- Varicose veins - The intense pressure from a massage and using a tool might further damage the weakened veins and cause them to burst.
- Geriatric clients / Children; keep the heat around 110 degrees - any higher may be too hot for the elderly. Use caution on delicate thinning skin.
- Any condition in which massage in general is contraindicated.

COMMUNICATION CHART

To Light



To Heavy



To Cold



To Hot

6-7 Just Right





DO A TOUCH TEST

A good rule of thumb: if you can hold the stone, it is ready to use. However, you must take into account that everyone has a different tolerance for heat and those certain medical conditions will cause a client to be more sensitive. ALWAYS communicate with your client about the temperature of the stone and empower them to be in charge of their heat threshold.



DO A TOUCH TEST

Keep the stone moving at first to dissipate some of the heat; then you can slow your strokes to do specific point work as the stone cools. Remember to listen to your client. If they say it is too hot, allow the stone to come to a more comfortable temperature before you continue.

Ways to Cool Stones::

- spray it with alcohol,
- dip it in cool water,
- leave it on the table and use it to warm your hand, using your warmed hand on their body, until you have dissipated the heat enough to use the stone.

CONTRAST

Alternating hot and cold is very effective in reducing congestion and inflammation in an isolated area. In this type of treatment, it is best to end with cold to allow the body to continue to reduce inflammation and congested blood/lymph in the area.

CORESTONES

This will result in less pain and stiffness for your clients. Ending with cold stones encourages the body to internally heat itself and gives long lasting relief.

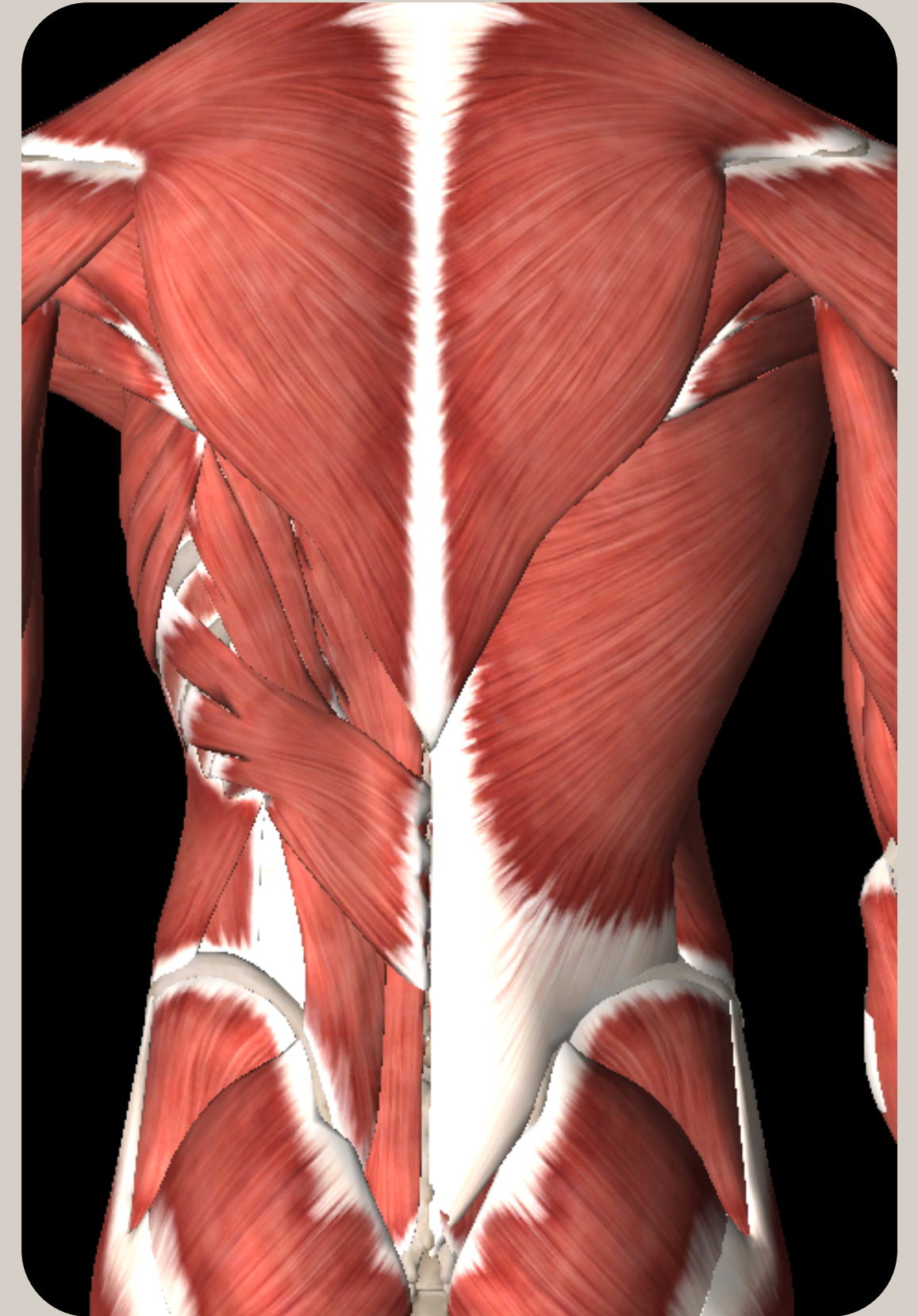
MECHANICS OF HOLDING CORESTONES

- Use the broad length of the stone for myofascial release or friction.
- Use the slightly beveled round end of the stone for trigger point release or as a gua-sha tool.
- Use the angled end of the stone for muscle stripping, specific point release, fractioning, and hand or foot reflexology.
- Think of the stone as an extension of your hand.



TREATMENT ROUTINE FOR THE BACK

- **Trapezius / Upper, Middle and Lower fibers**
 - **Latissimus Dorsi**
 - **Quadratus Lumborum**
 - **Rhomboids**
 - **Erectors**
 - **Serratus Posterior Superior**
 - **Supraspinatus**
 - **Infraspinatus**
-

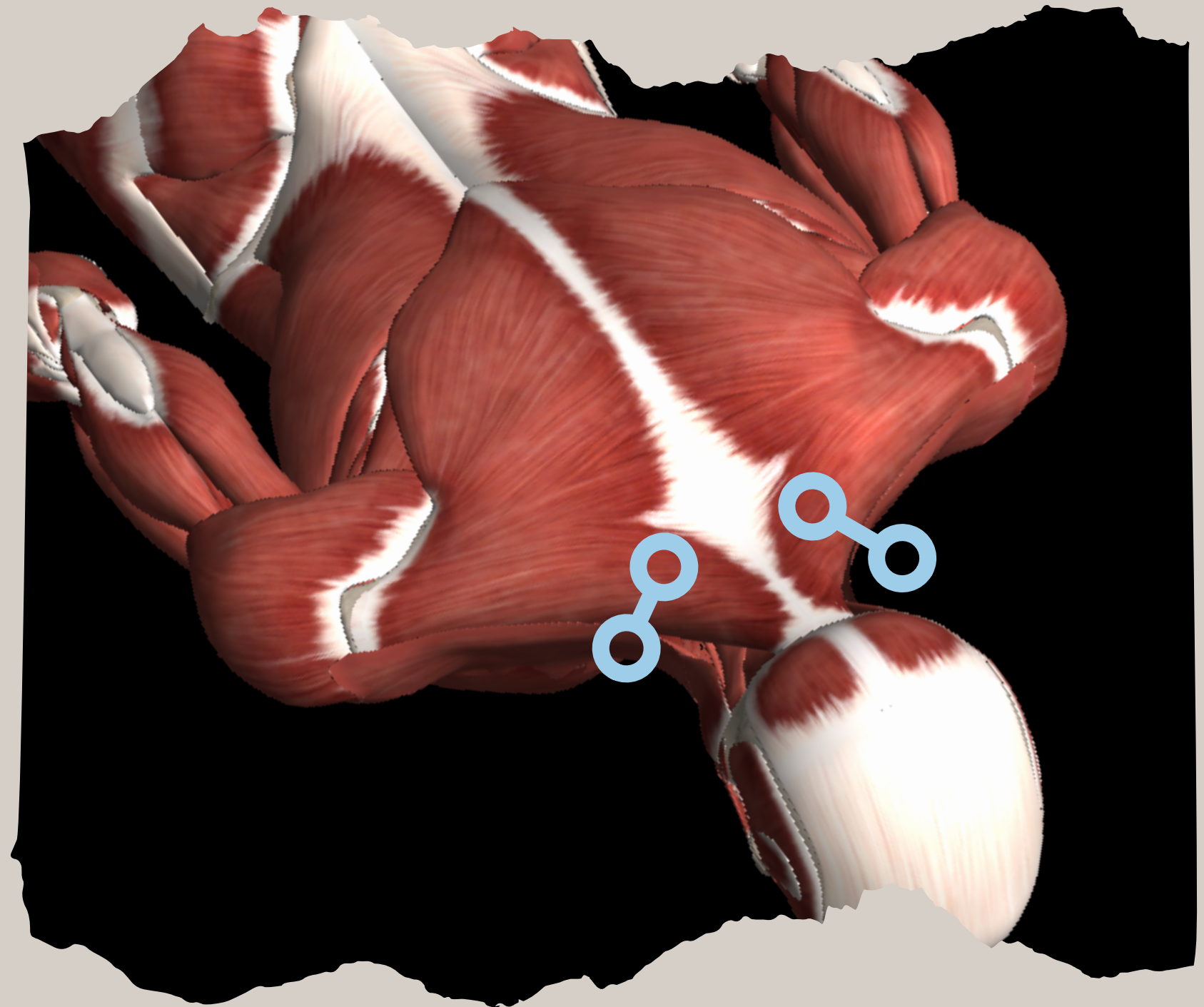


UPPER TRAP PRESS

Start with two stones on top of the trapezius – use alternating hands for direct pressure/compression.

You will have to get into a lunge position to achieve the most direct pressure without compromising your wrists and hands.

If you would have an electric table raise it for the best wrist angle.

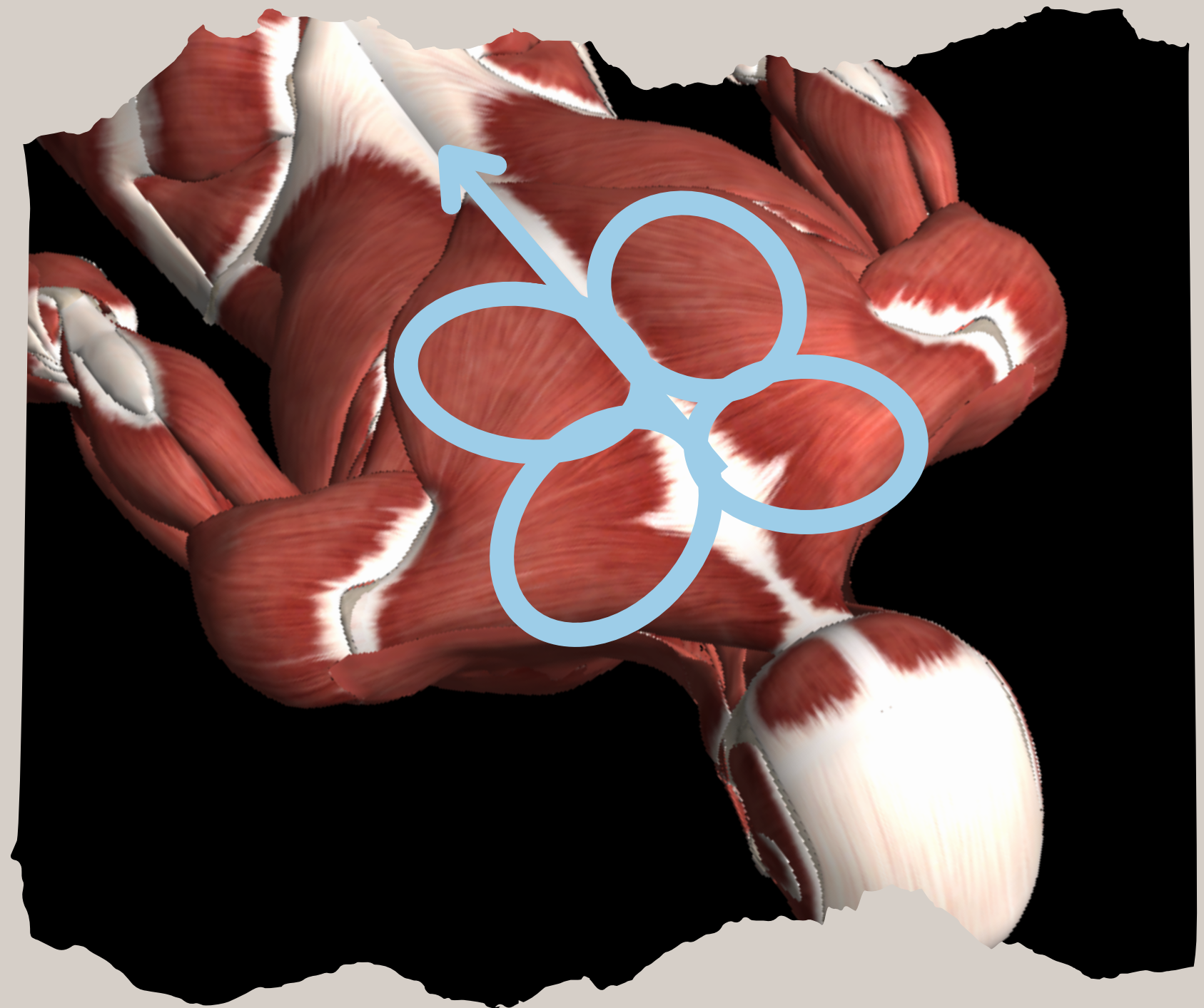


PARALLEL GLIDE TO PETRISSAGE

Glide down the upper back (Dragonfly body). Make sure the end of the stone is resting in the palm of your hand so you are able to push the stone with your palm.

Glide stones laterally (Dragonfly wings) - use caution around the border of the scapula. Wrap around the upper deltoids. The stone will be cradled in the palm using the thenar eminences as the support.

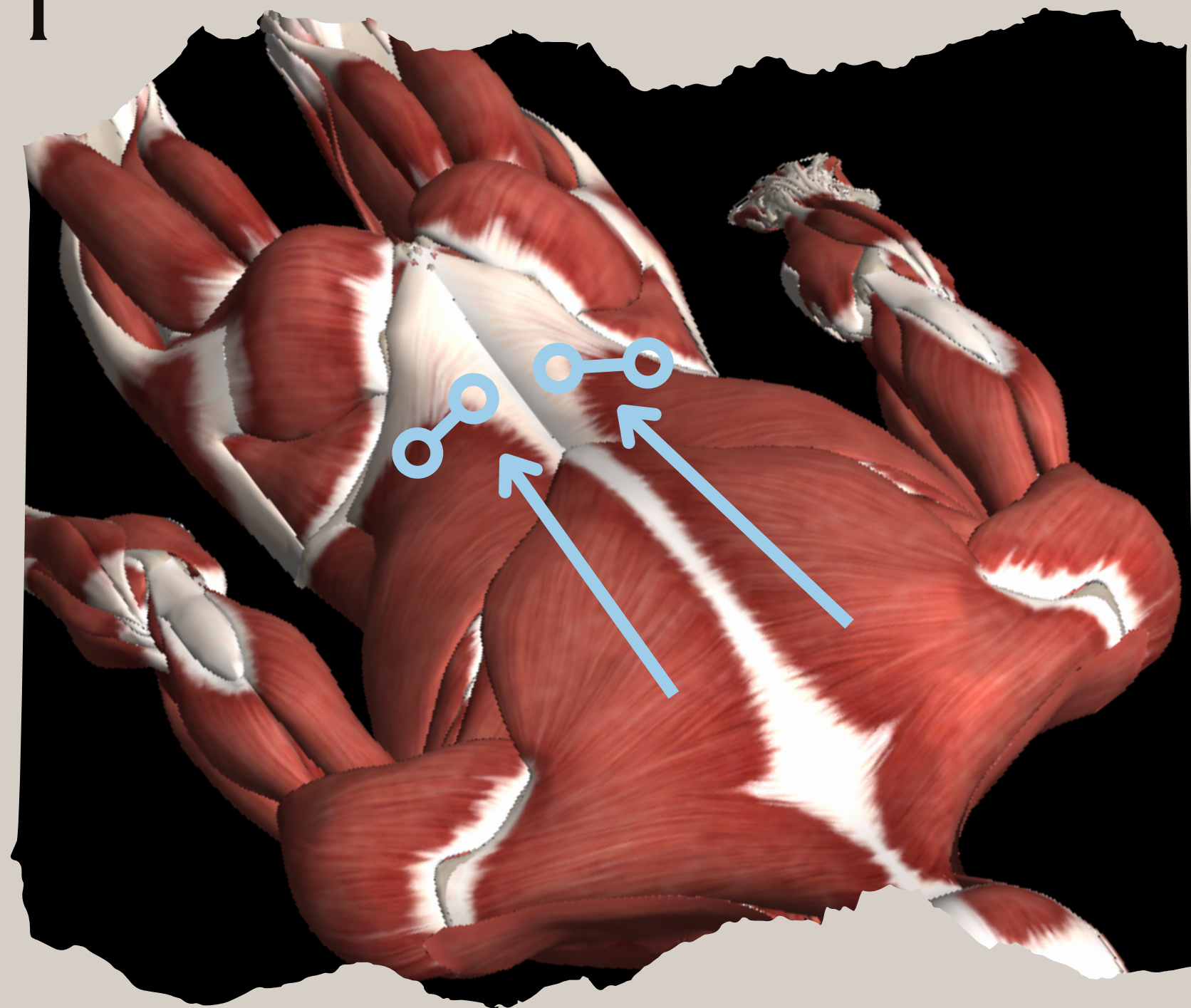
Glide medially to bring both stones up the neck to the occipital ridge. Apply gentle traction to the occiput.
(Traction)



PARASPINAL STRETCH EXTENSION OF THE GLIDE

Using two stones slowly glide down either side of spine to hips.

You can use 'jostling' motion to warm and loosen the muscle tissue.



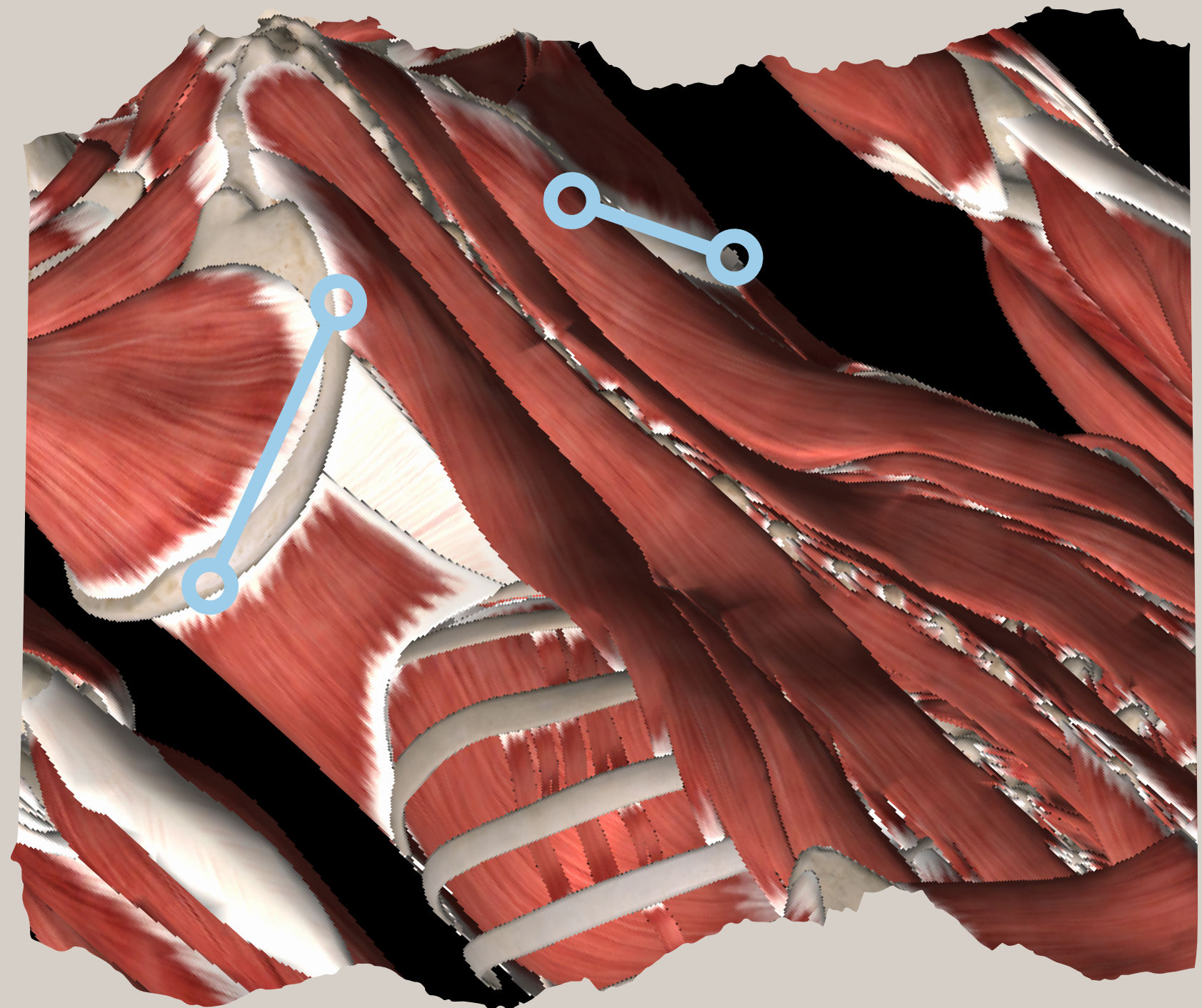
LUMBO-SACRAL MANIPULATIONS

Use alternating hands to 'dance' on the sacrum and iliac crest.

With both hands on one side of the spine apply downward pressure below the ilium to warm the gluteal muscles – switch to other side.

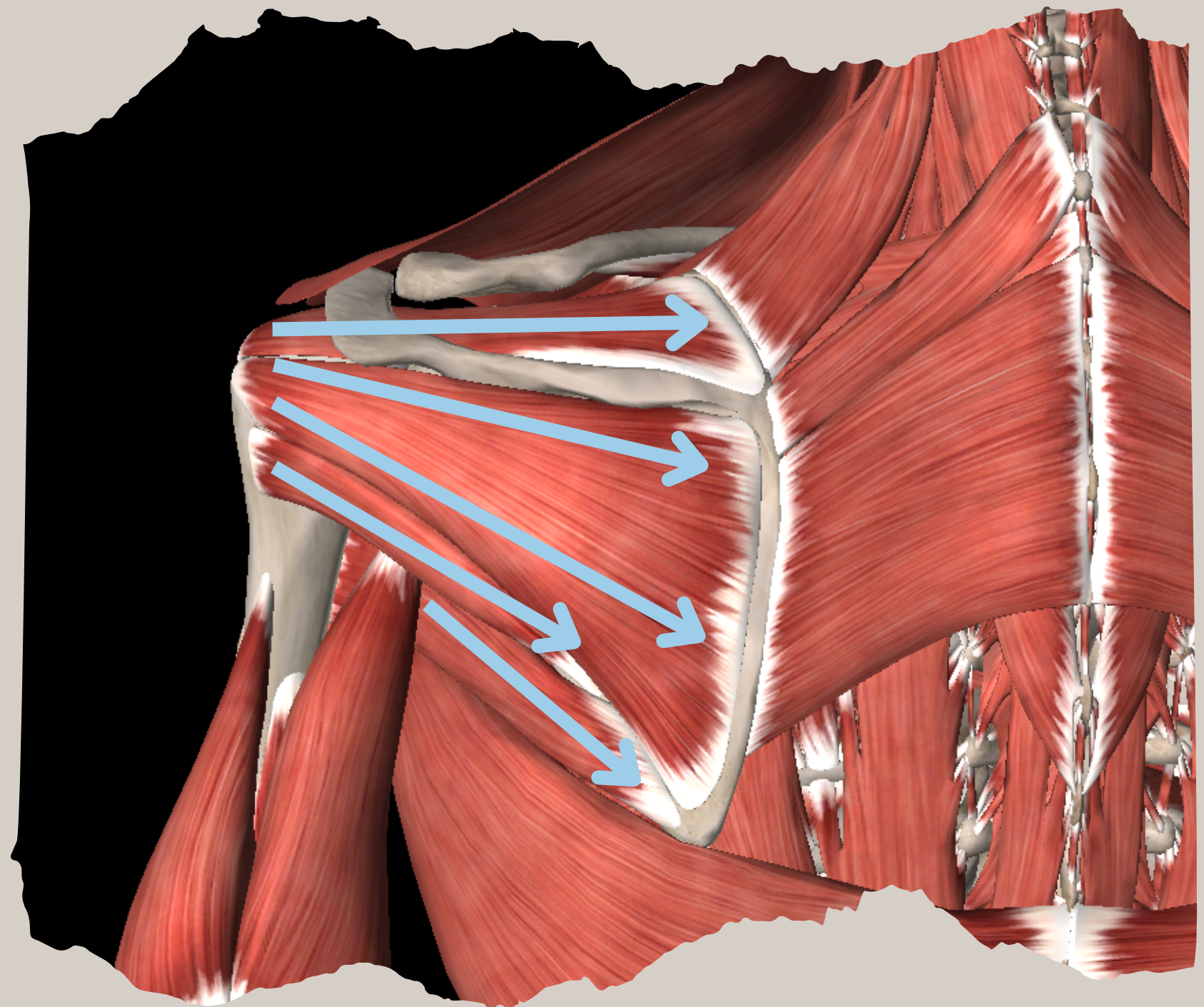
Use caution around floating ribs.

You can use alternating hands as you glide up the back to the shoulders and up the neck.



SCAPULA TRACE

Taking the angle of the 5" CS, trace the "angel wings"
(Blue arrows) over the scapulas.



TRACE...CONTINUED

Place arm out to the side by dropping it over the side of the table.

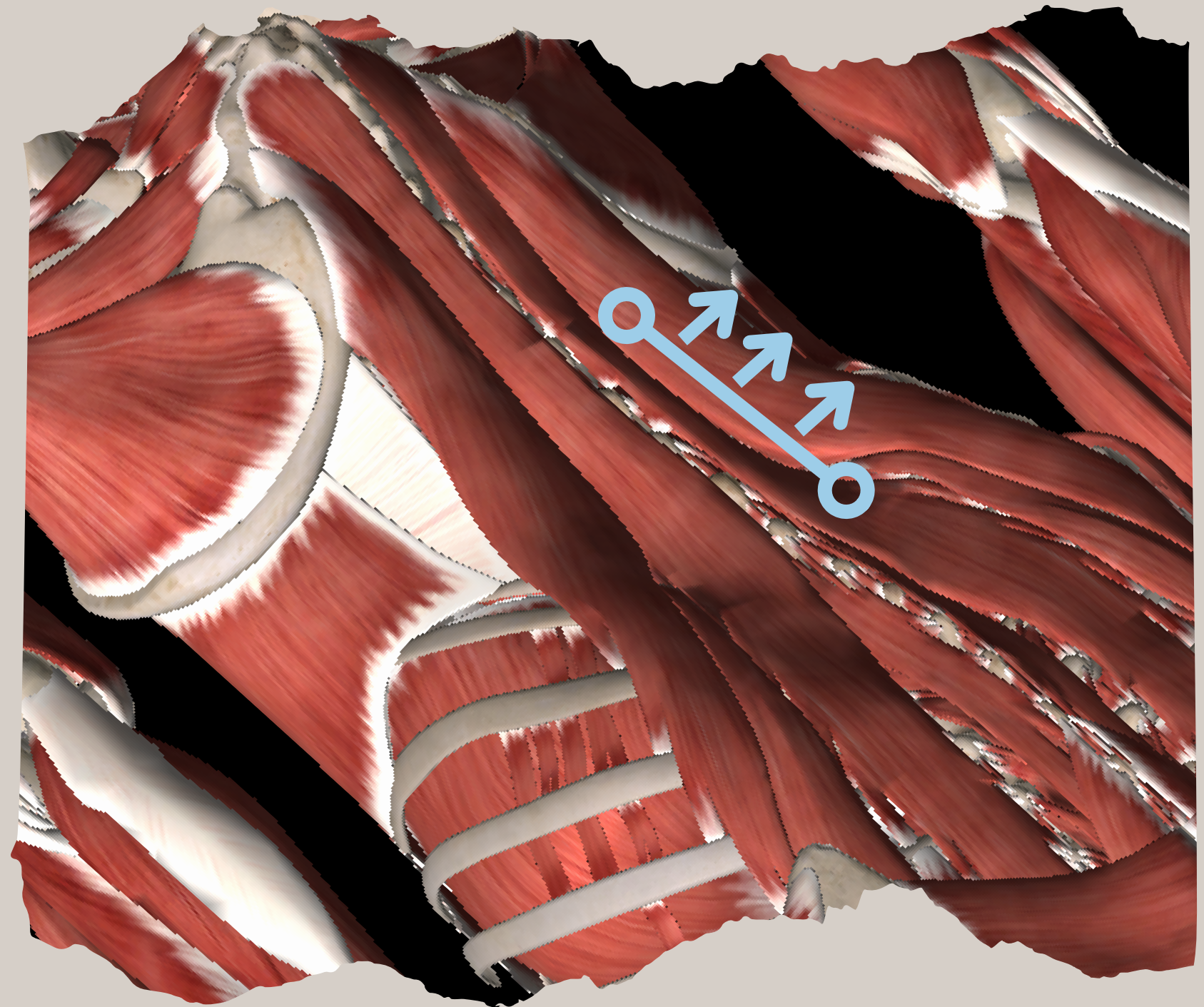
- Address the teres major and minor as well as the Latissimus Dorsi while tractioning
- Use a round end of the stone for trigger point release – always using your free hand in a V for support.



PARASPINAL ROLL

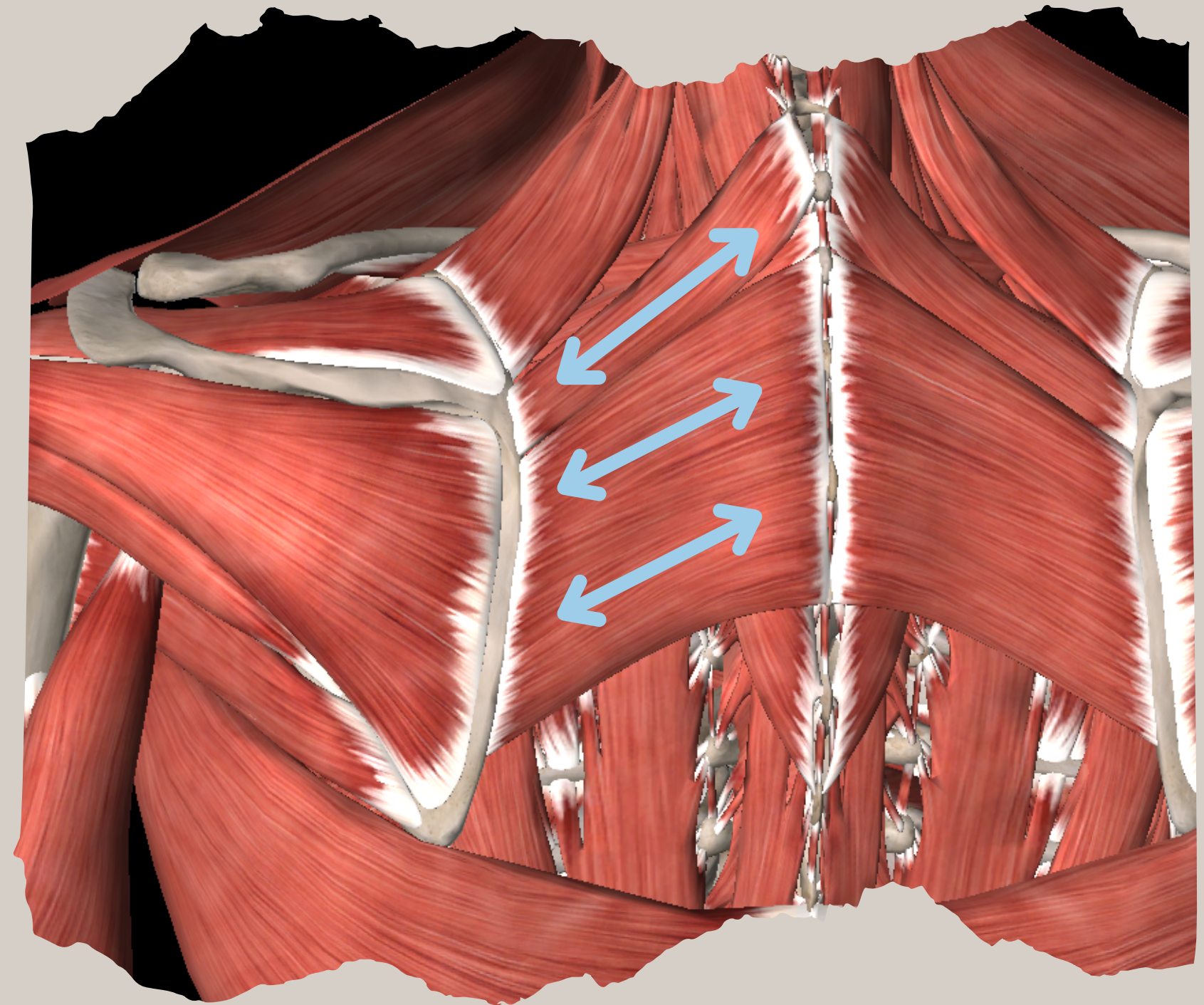
Working between the scapula, locate the edge of the spine with your fingertips. Do not apply pressure directly on the spine.

Plant the stone in the lamina groove and gently roll it away from the spine. Use small lateral strokes to warm Rhomboids and Serratus Posterior superior.



RHOMBOID SCRAPE

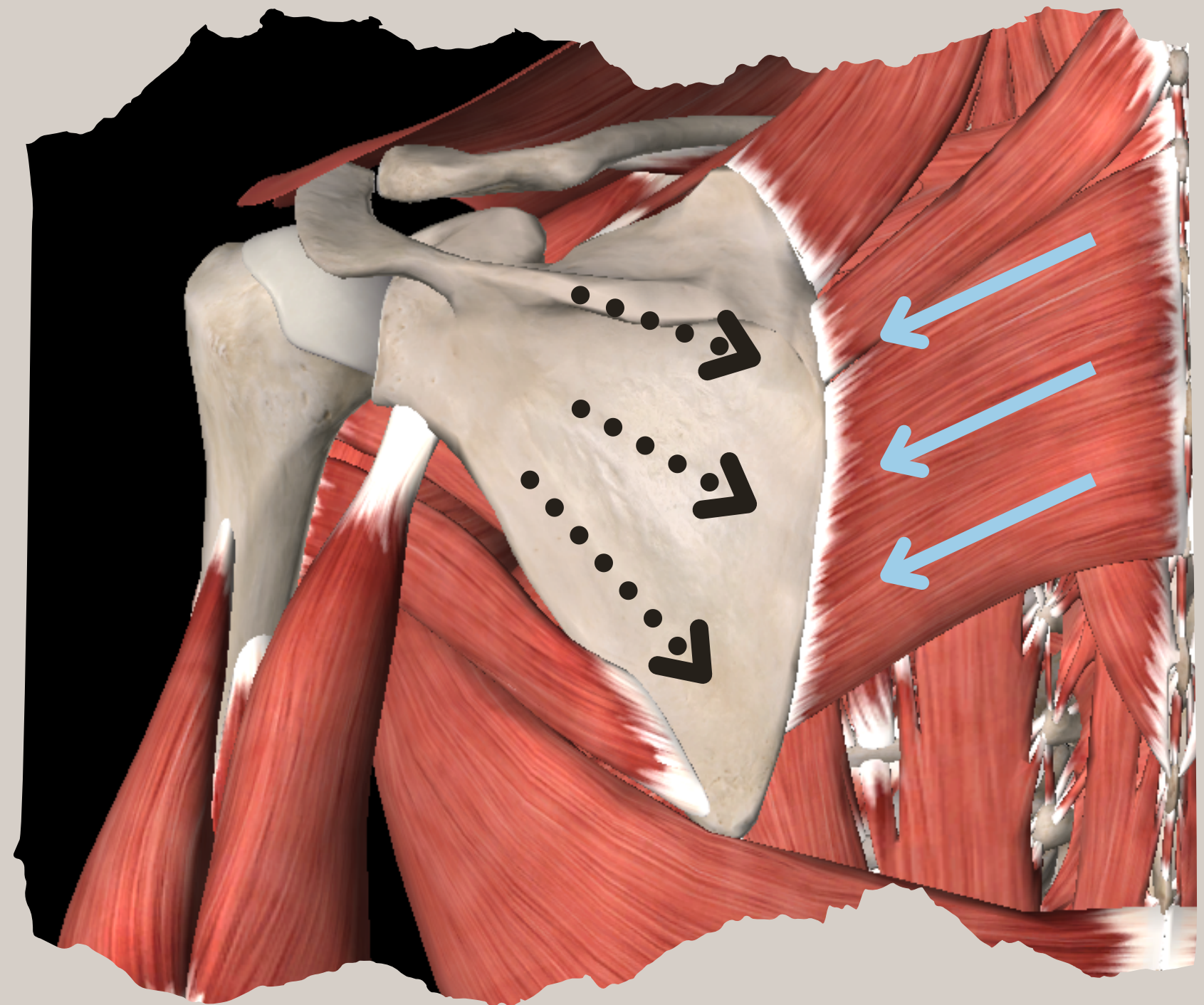
Use medial strokes with your Omni stone or angled stone, from the border of the scapula towards the spine.



SCAPULA LIFT

By bringing the client's arm behind their back, it makes the scapula lift and pop from the rib cage. This allows you to use your stones to scrape and address the muscles attaching to the scapula.

..... = Elevation Direction



SCAPULA LIFT

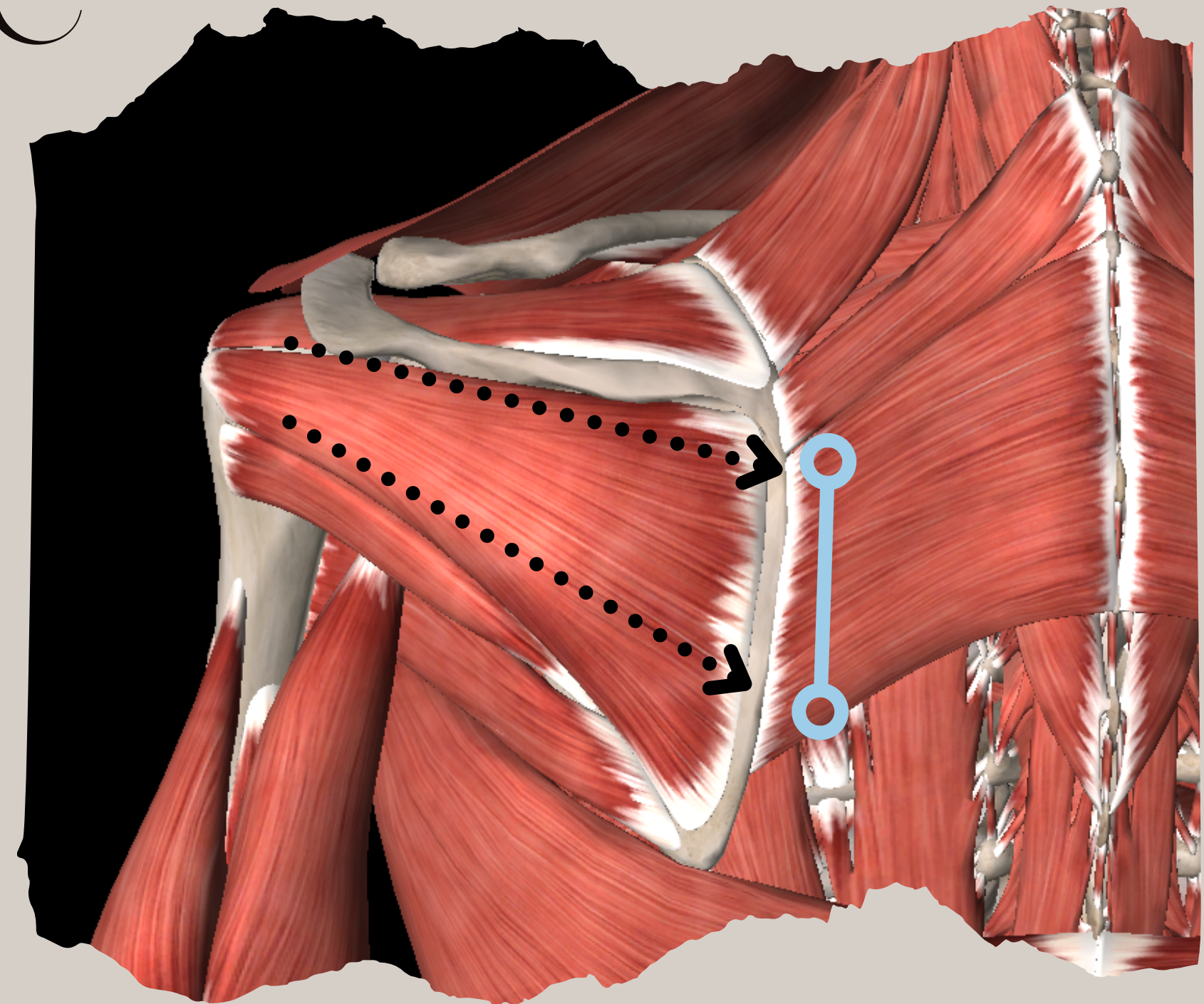
By bringing the client's arm behind their back, it makes the scapula lift and pop from the rib cage. This allows you to use your stones to scrape and address the muscles attaching to the scapula.



MOBILIZATION OF THE SCAPULA

If putting the arm behind the client's back is too much for the client, place your hand in front of the shoulder and add elevation so you can more gently get the scapula to raise.

..... = Elevation Direction



MOBILIZATION OF THE SCAPULA

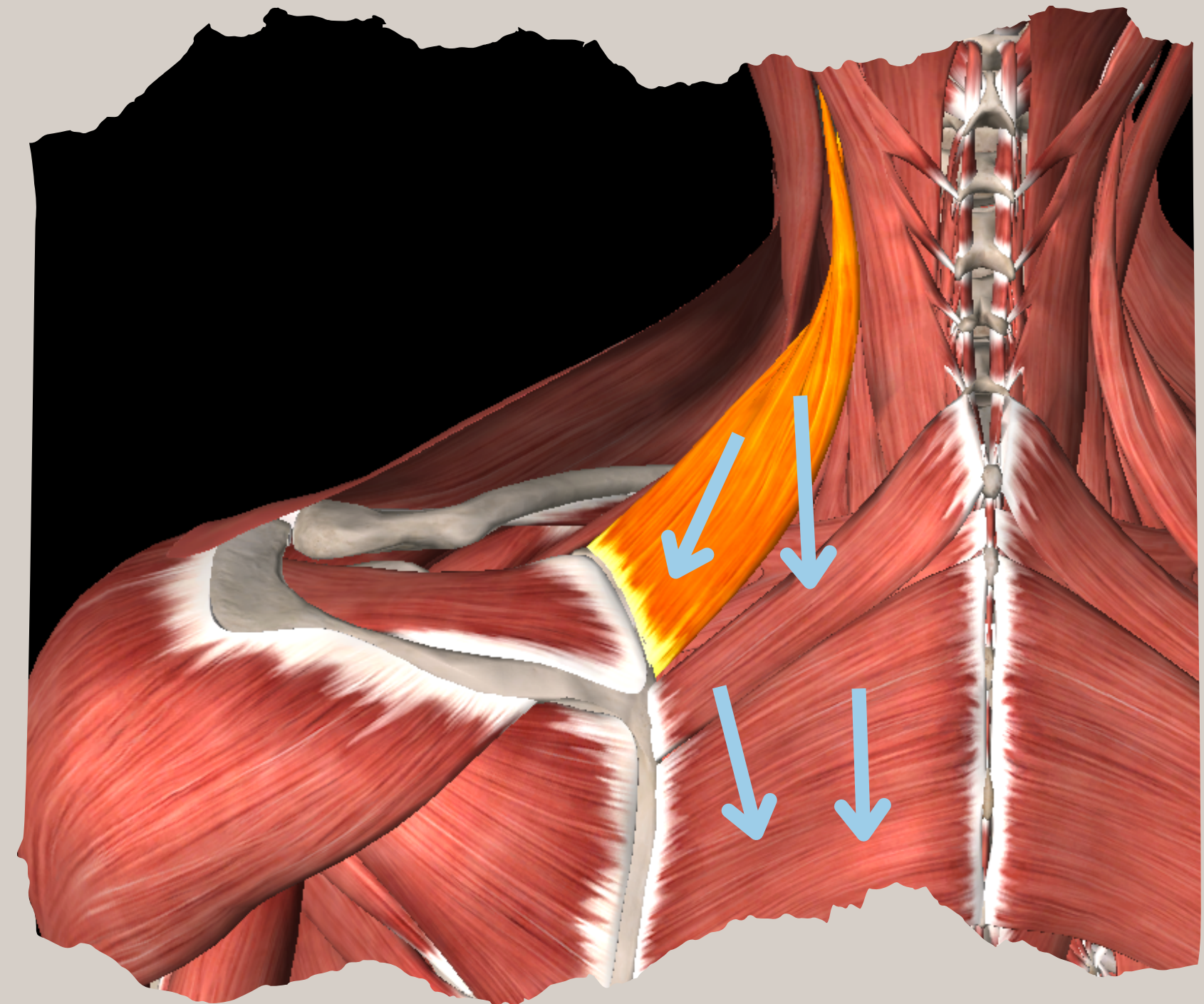
If putting the arm behind the client's back is too much for the client, place your hand in front of the shoulder and add elevation so you can more gently get the scapula to raise.



LEVATOR SCRAPE

Once the muscle is warmed and has started to relax you can use the angled end of the stone for deep specific pressure 5" CS.

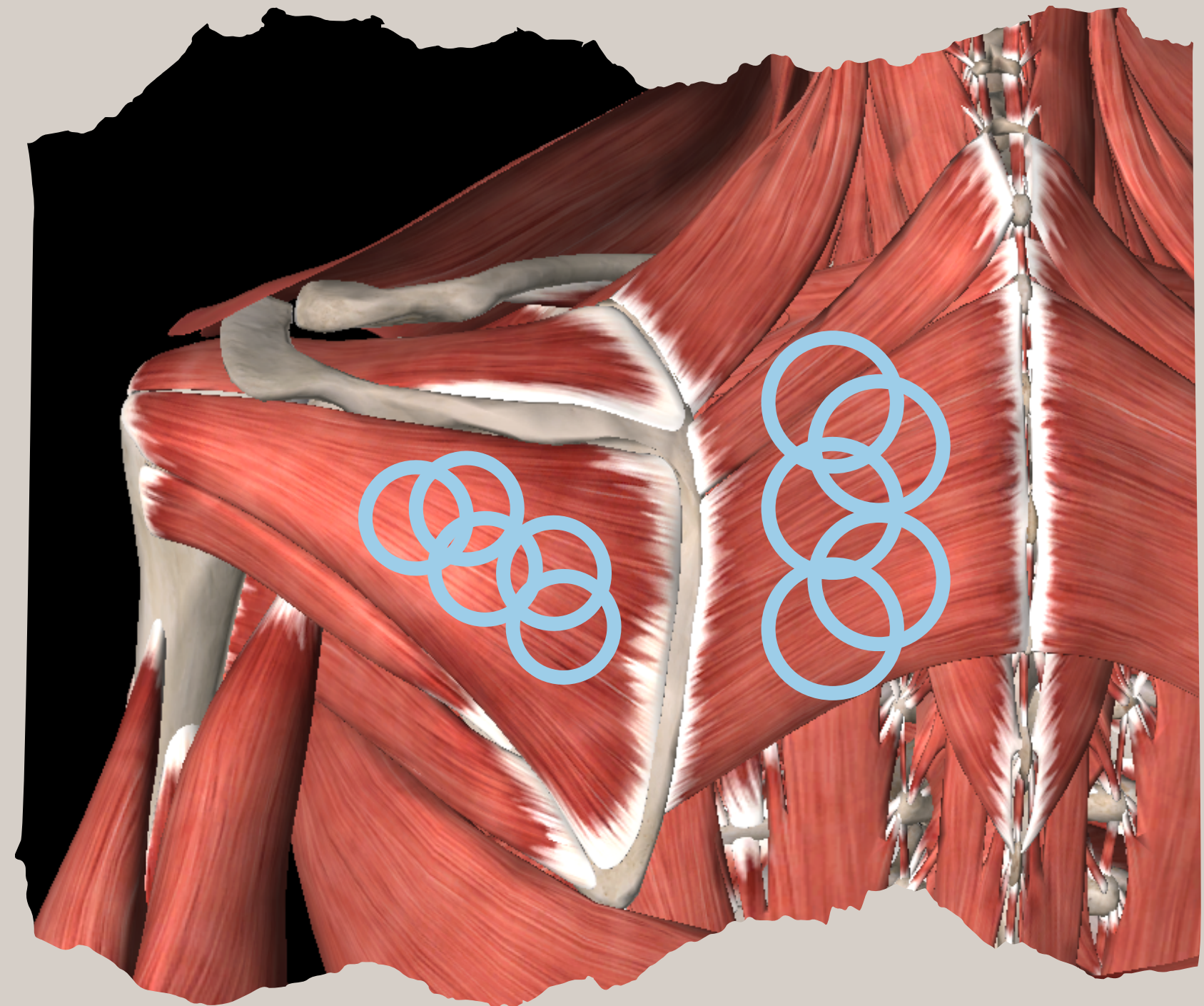
Always use your free hand as a guide. Use the angle of the stone to release restrictions in the lamina groove and along the medial border of the scapula.



QUARTER TURNS

Use the rounded end of the stone for direct pressure around Traps, Rhomboids, Supraspinatus, etc.
Use a simple $\frac{1}{4}$ turn motion then release the pressure.

Always form a V with your free hand to stabilize the stone. This serves multiple purposes: It keeps the stone from slipping, you will receive input from the tissue beneath your hand, and it will feel nurturing to your client.

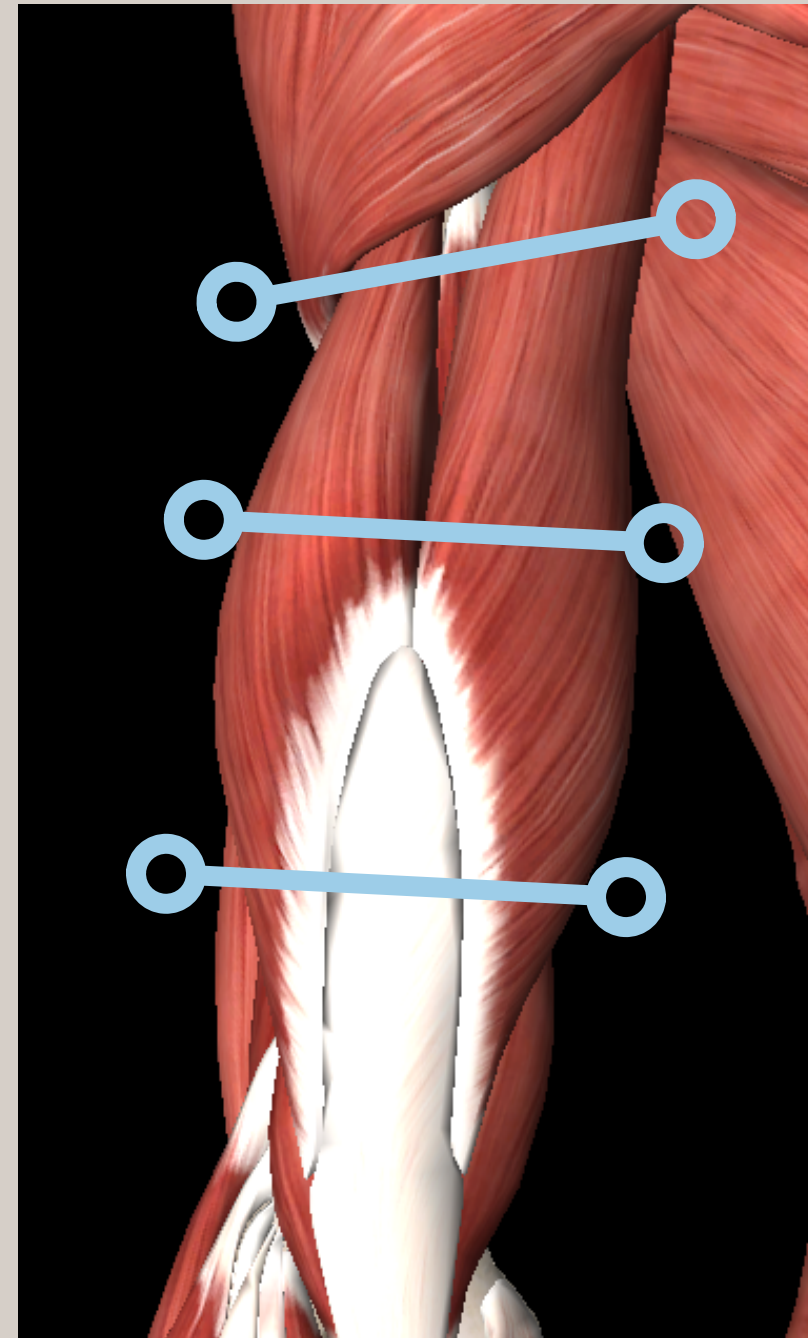


ARM COMPRESSIONS

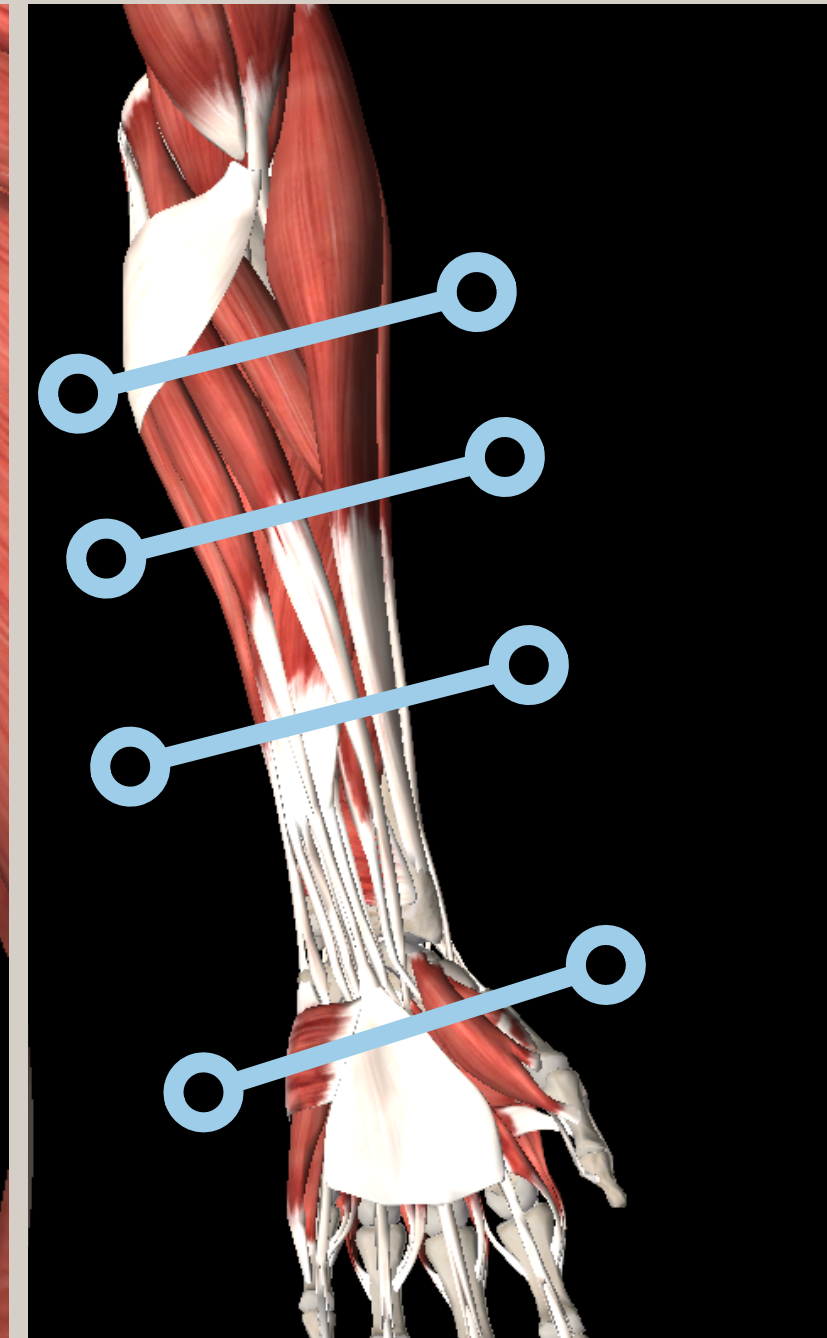
Now is an excellent time to work down the arms and use the 7" to add compression to the flexors of the forearm.

Working into the palm of the hand as well!

Triceps

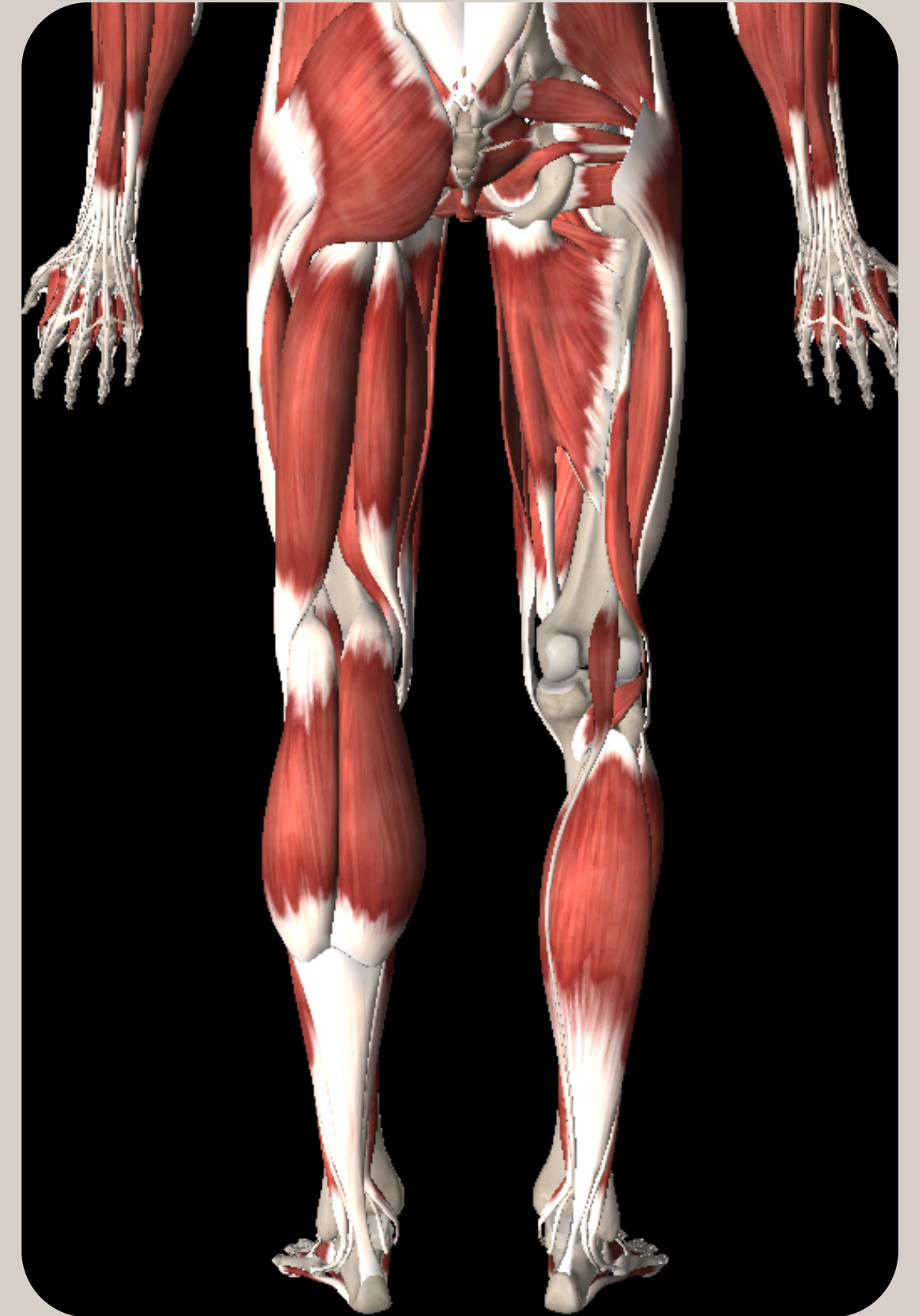


Flexors



BACK OF LEGS & HIPS

- **Soleus**
 - **Gastrocnemius**
 - **Plantaris**
 - **Biceps Femoris**
 - **Semimembranosus**
 - **Gracilis**
 - **Semitendinosus**
 - **Adductor Magnus**
 - **Gluteus Maximus**
 - **Gluteus Medius**
 - **Piriformis**
-



HAMSTRINGS

Lightly glide over back of knee to hamstrings.
Use warming strokes from the knee to the hips.
(Corn Handle Grip)

Apply direct compression with the broad surface of the stone to begin to lengthen the hamstrings.
Apply deeper longitudinal strokes from the knee to the hip. (Photo A)

Use the broad surface of the stone on the hamstrings working from the gluteal fold towards the knee. Only go about $\frac{1}{4}$ of the way down the hamstrings to address the ischial tuberosity then add a 5" angle to friction. (Photo B)

Photo A

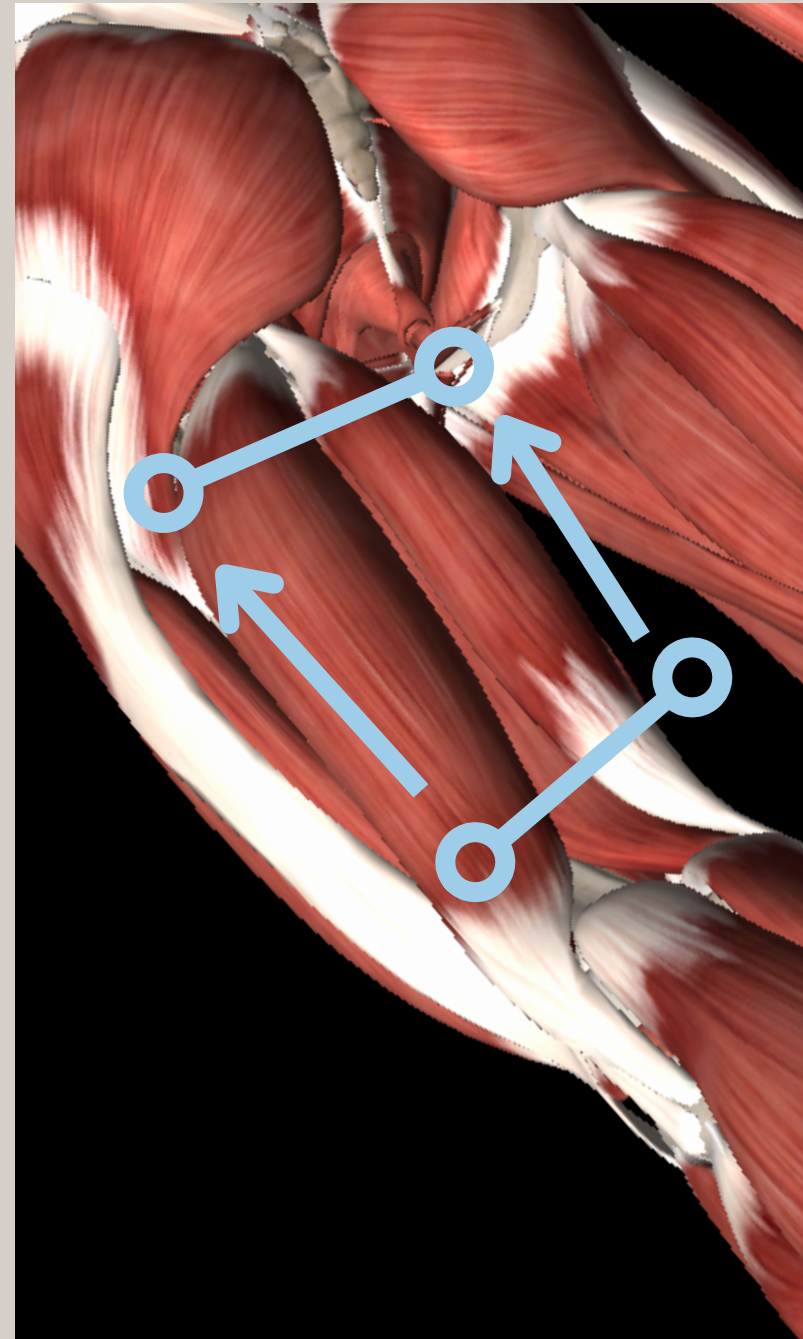
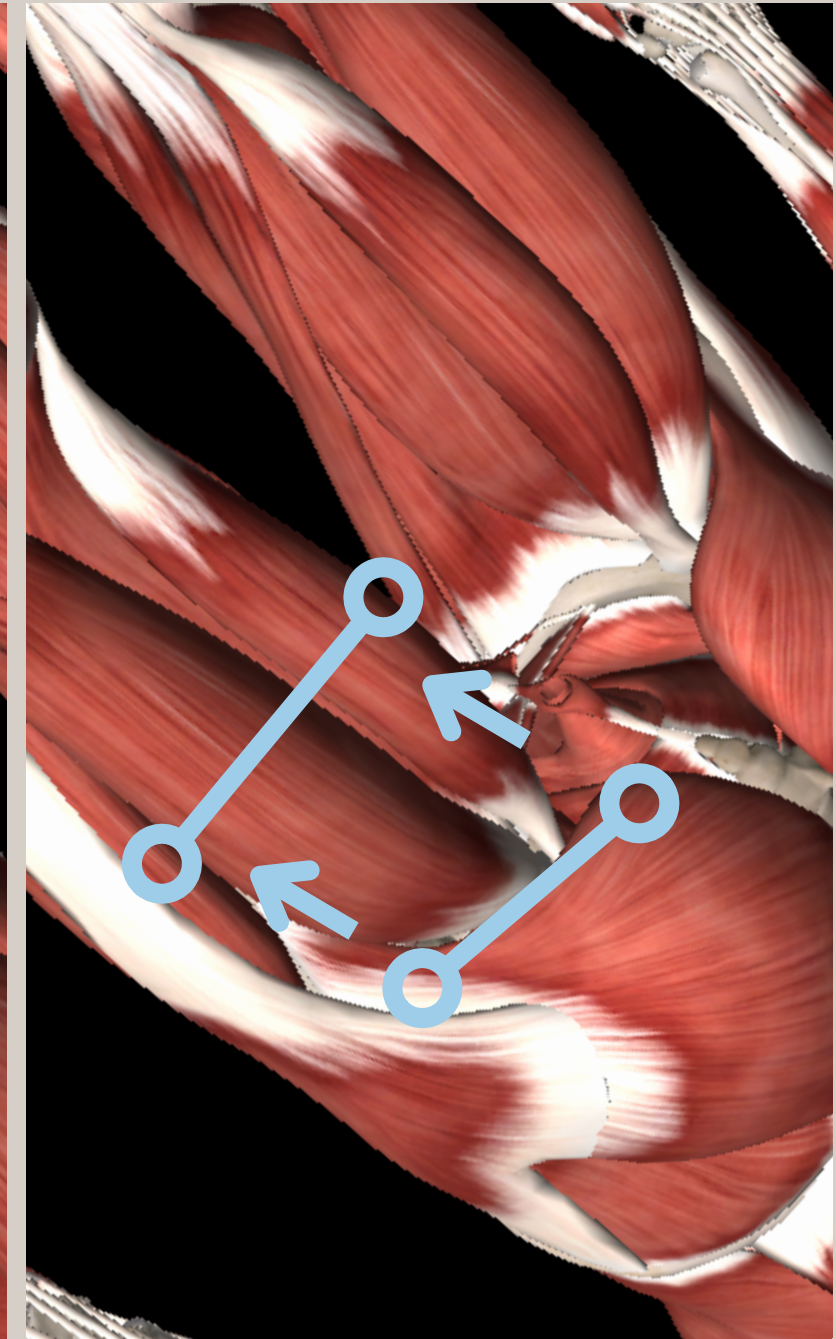
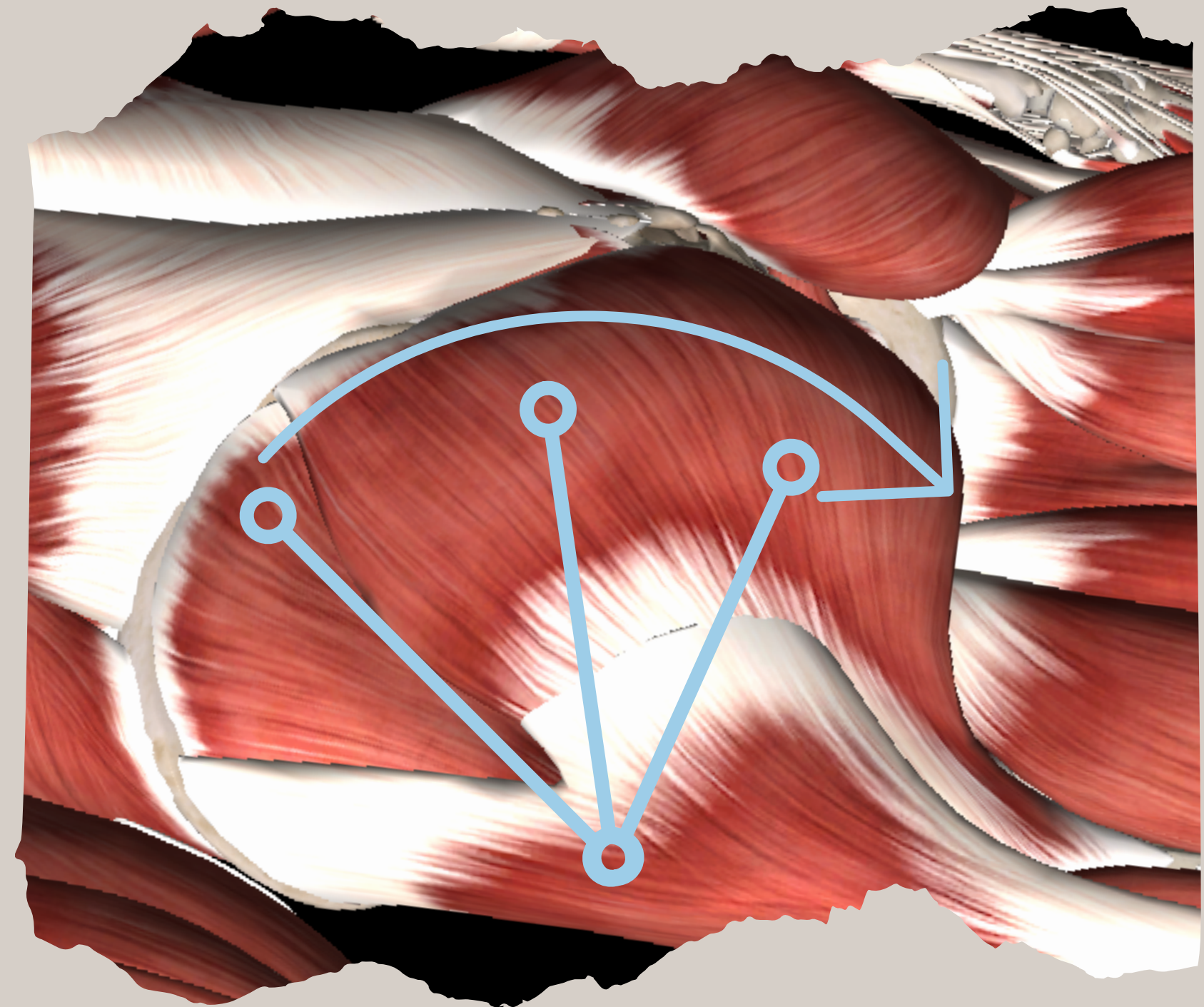


Photo B



GLUTES/ PIVOT & COMPRESSION

Apply direct compression to the Gluteus Maximus, Medius, and Piriformis. Work in about three different sections on the hip.



GLUTES/ QUARTER TURNS

Palpate muscles with your fingers to locate areas of restriction then apply direct pressure with the end of the stone.

Use a V-spread of your fingers to stabilize the stone, press in and apply $\frac{1}{4}$ turn, then release the pressure.

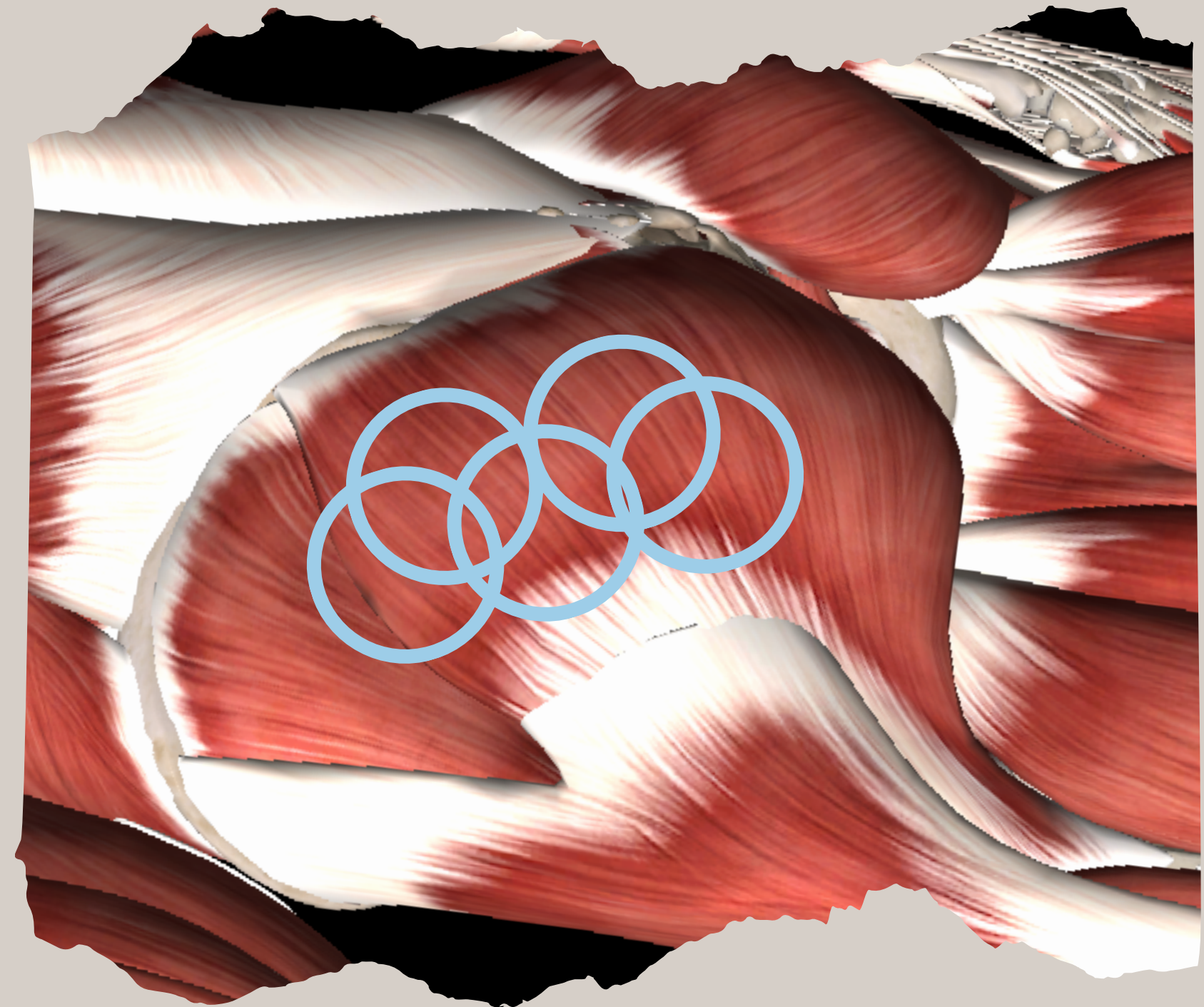


FIGURE 4

Address the IT band and the lateral leg by bringing the client into a figure 4 or “frog” position.

If flexibility is an issue, you may use a pillow under the lower leg to add more support.

This allows a greater access to the IT band and lateral leg.



PIGEON PERCH

When working the lower leg bring your knee up and place the sheet over it to create a bend in the client's leg. This is your time to do your yoga pigeon stretch and take some pressure off your lower back.

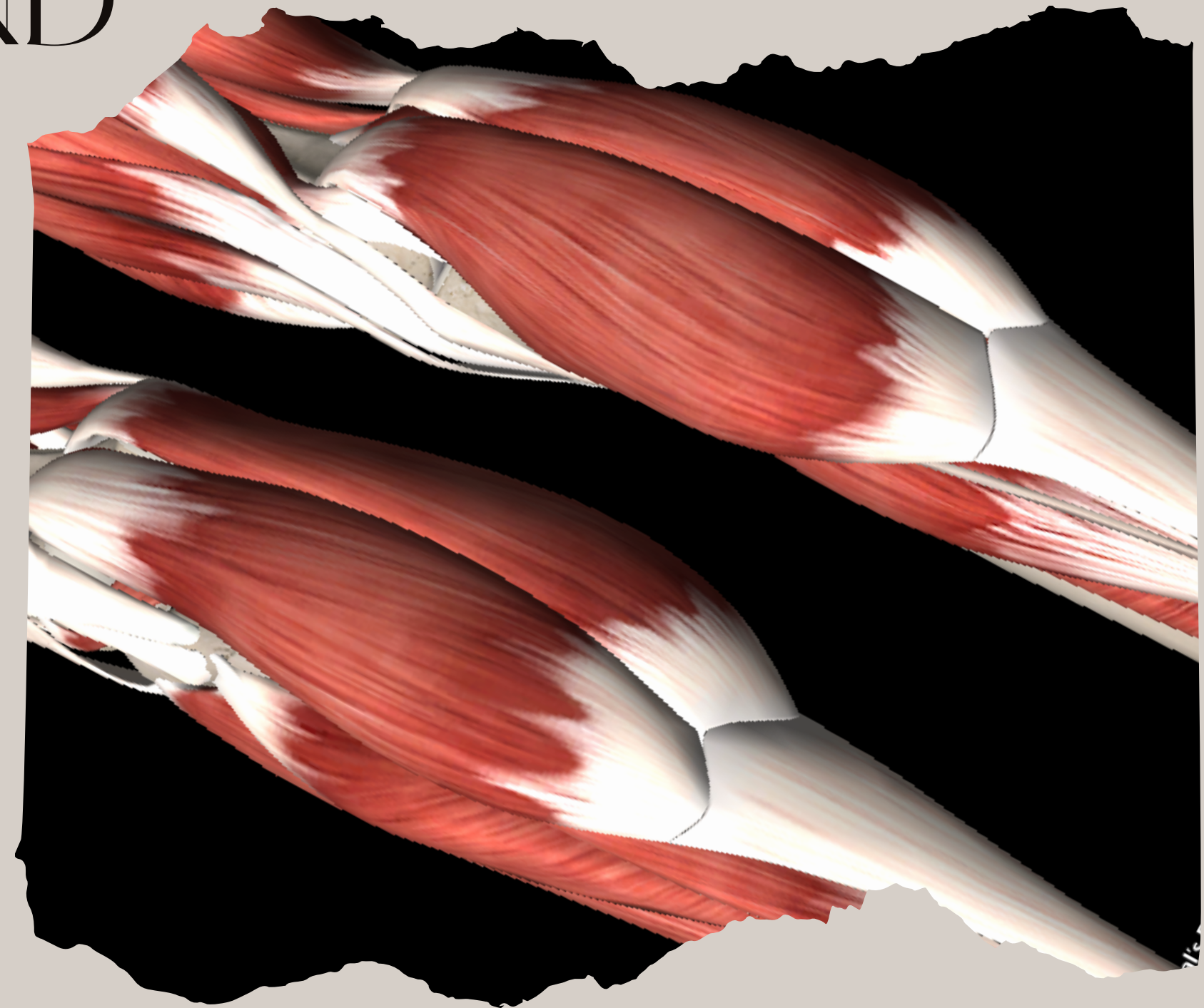


GASTROCNEMIUS AND SOLEUS

Rest their foot on your bent knee – Glide up the gastrocnemius and soleus muscles.

When the leg is in this bent position, the muscles are shortened which makes it easier for them to relax.

Use the rounded end of the stone to work specific points in Gastrocnemius/Soleus.

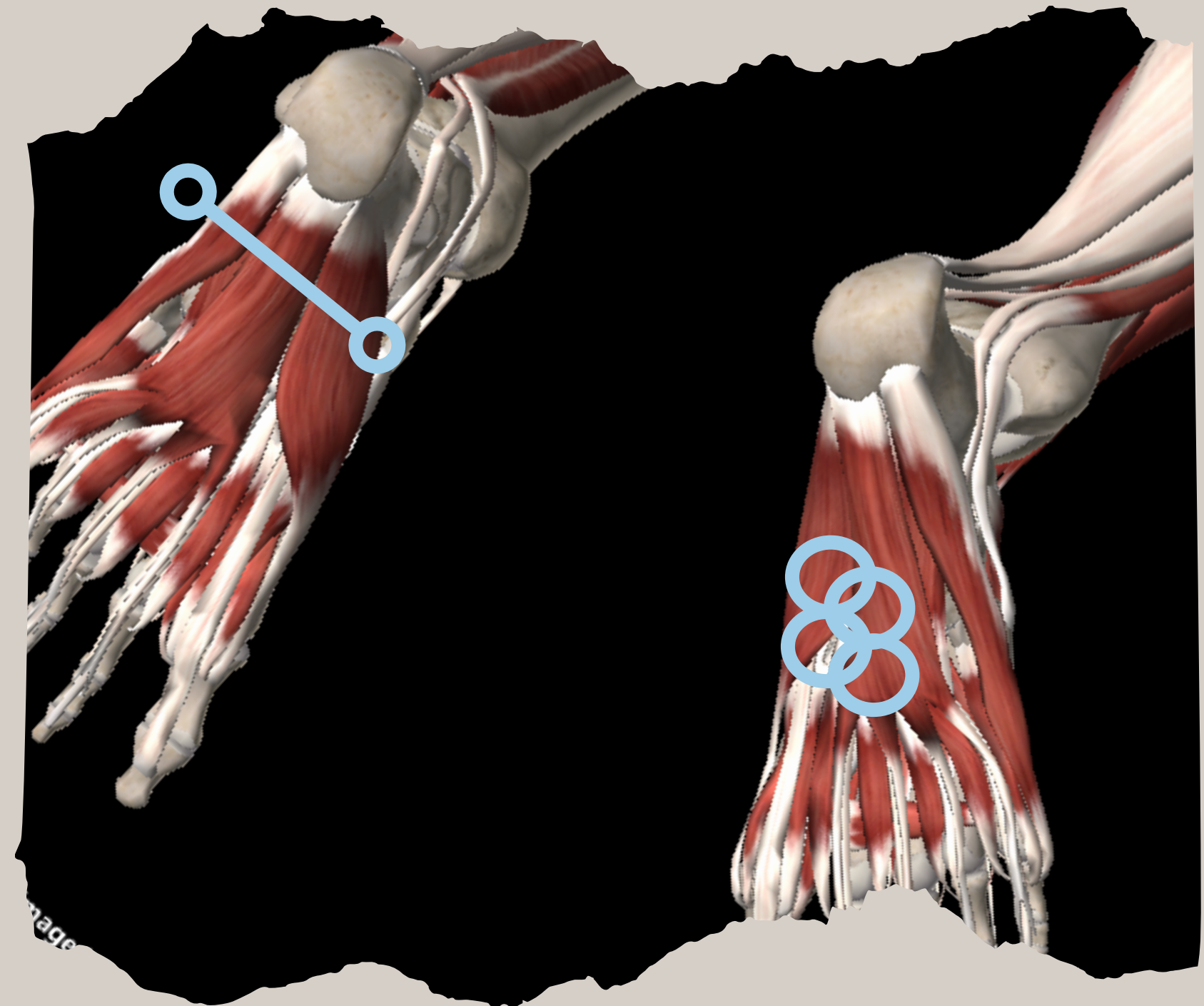


FEET / PRONE

Start with the foot over a bolster or over your bent leg. Using the broad surface of the stone, apply compression in the arch of the foot.

Wrap your thumbs around the calcaneus while holding the stone with your fingers to create a lever. Apply pressure in the arch working from the heel towards the toes.

Use the end of the stone to strip down the foot from heel to toes, always guiding the stone with your hand. Work into specific reflex points with the end of the stone.



PEEL THE APPLE



ANTERIOR LEGS / FEET

- **Tensor fasciae latae**
- **Sartorius**
- **Vastus Lateralis**
- **Vastus Medialis**
- **Gracilis**
- **Rectus Femoris**
- **Adductor Longus**
- **Tibialis Anterior**
- **Peroneus Longus**
- **Extensor**
- **Digitorum Longus**
- **Peroneus Brevis**
- **Gastrocnemius**
- **Soleus**



QUADRICEPS

Starting just above the knee, work distal to proximal with longitudinal stroking to elongate the muscle fibers of the Quadriceps and Sartorius. (Photo A)

Work proximal to distal down TFL and the upper portion of the Sartorius to open the hips. (Photo B)

Photo A

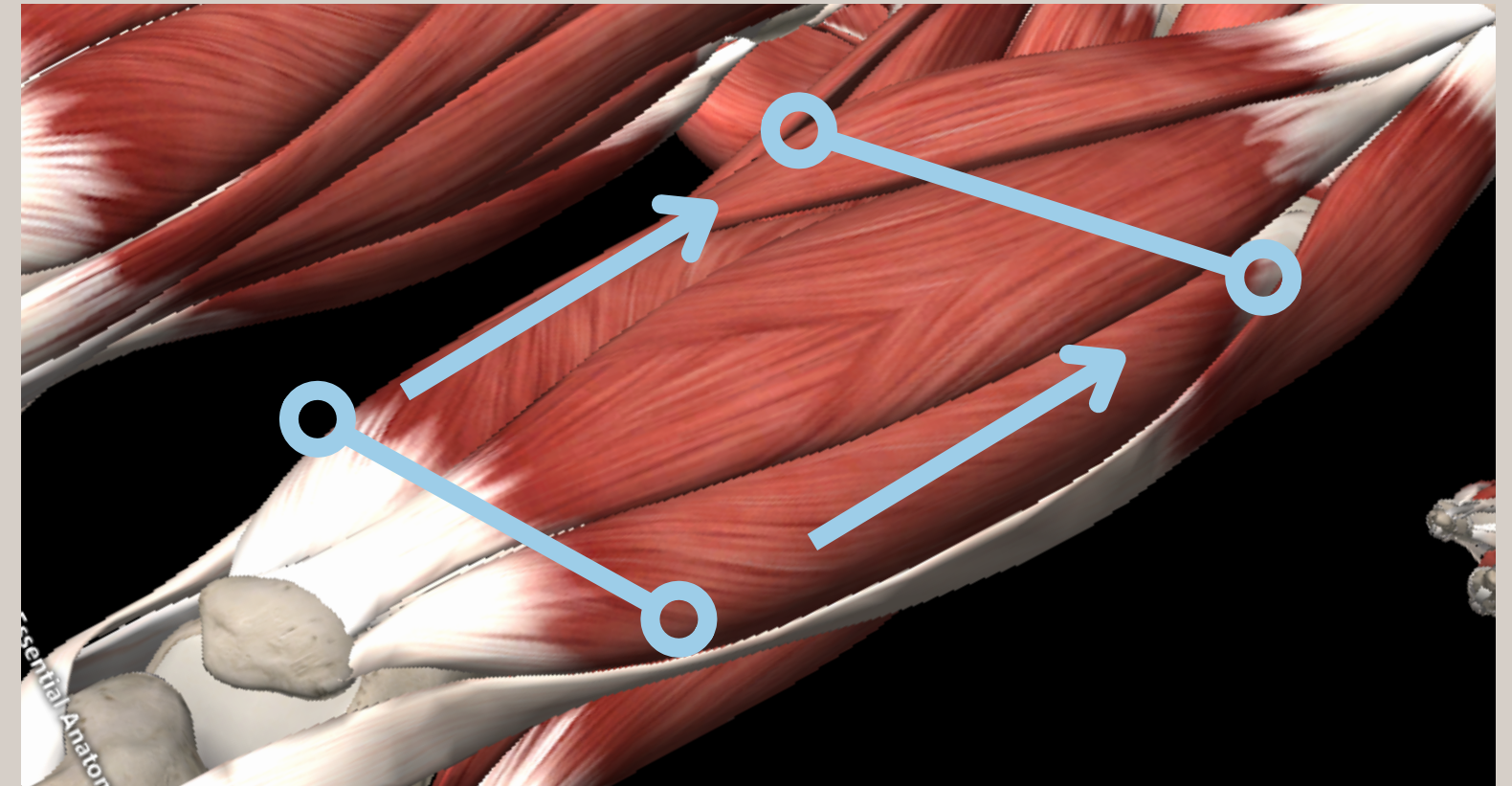
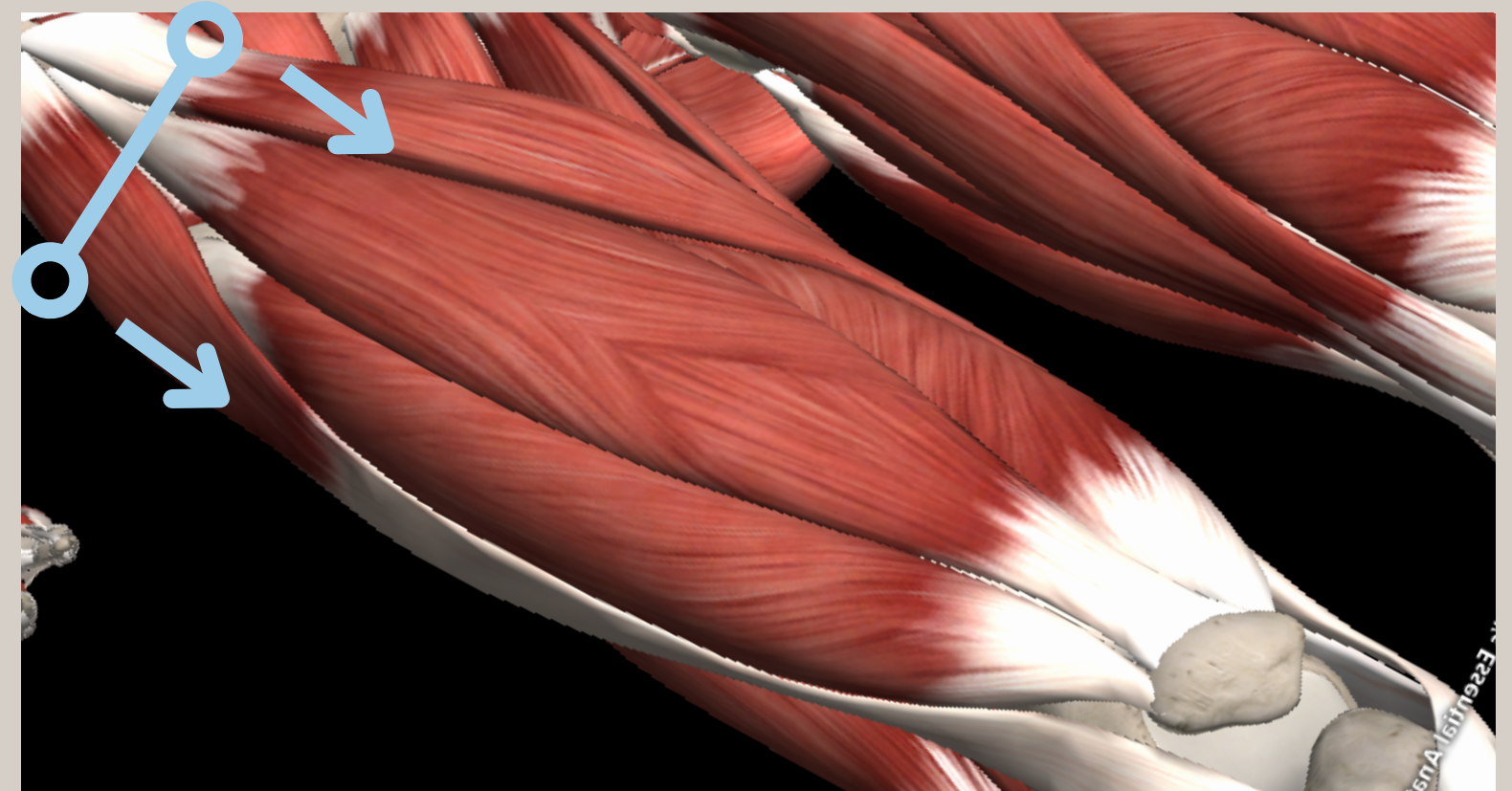


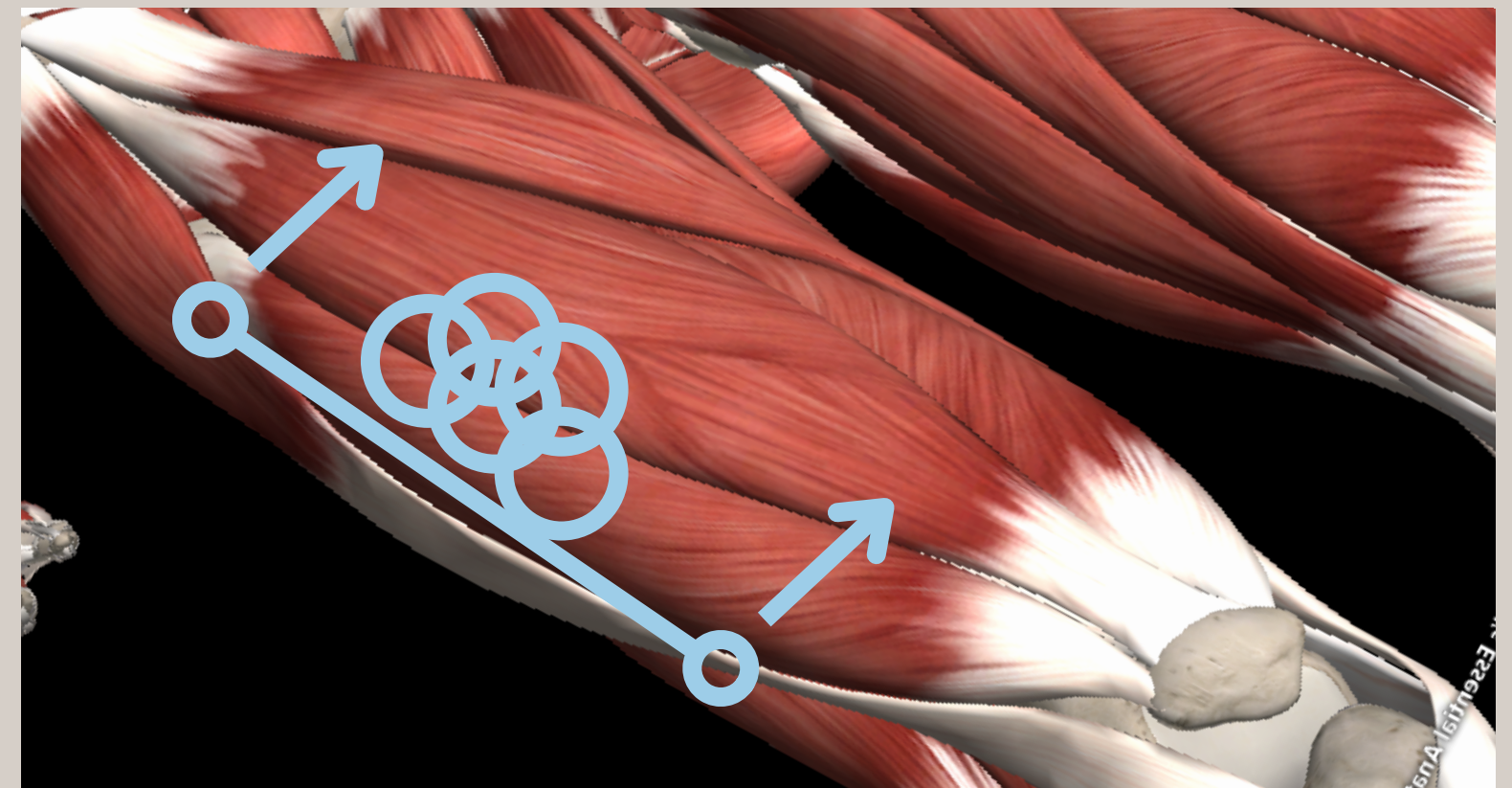
Photo B



LATERAL LEG

Apply direct compression up Quadriceps and along Iliotibial Band.

Use the edge of the stone for specific work and stripping along Vastus Lateralis, Rectus Femoris, and the Iliotibial Band



CROSS PULL LATERAL LEG

Walk to the opposite side of the table and compress the stone into the lateral part of the leg. Using the table to create leverage, lean back and allow the stone to stretch the fascia.



LOWER LEG

Place stone along Tibialis Anterior. Use direct pressure/compression along Tibia- both sides.

Stand on the opposite side of table and use the cross body lean method.



FIGURE 4 - ADDUCTOR WORK

Place the leg in a figure 4 position so you may address the adductors. Use caution with pressure and temperature as this area of the leg is tender and sensitive.



GASTROC / SOLEUS PULL

Bend the knee – stabilize foot by sitting on it – use long stone for compression on Gastrocnemius/Soleus as you slowly glide from knee to ankle.

Lighten up on your pressure as you get closer to the ankle as this is a sensitive area.

Place the stone lengthwise between the heads of the Gastrocnemius. By leaning back slightly you will be able to apply gentle pressure to the soleus.



FEET / SUPINE

Massage the arch of the foot with the ReflexStone or SerenityStone – working from the heel towards the toes. Use the angled end of the stone to apply compression along the ridge at the base of the toes. The flat angled surface is right up against the toes.



TOP OF FOOT

Massage the arch of the foot with the ReflexStone or SerenityStone – working from the heel towards the toes. Use the angled end of the stone to apply compression along the ridge at the base of the toes. The flat angled surface is right up against the toes.



UPPER NECK / ARMS

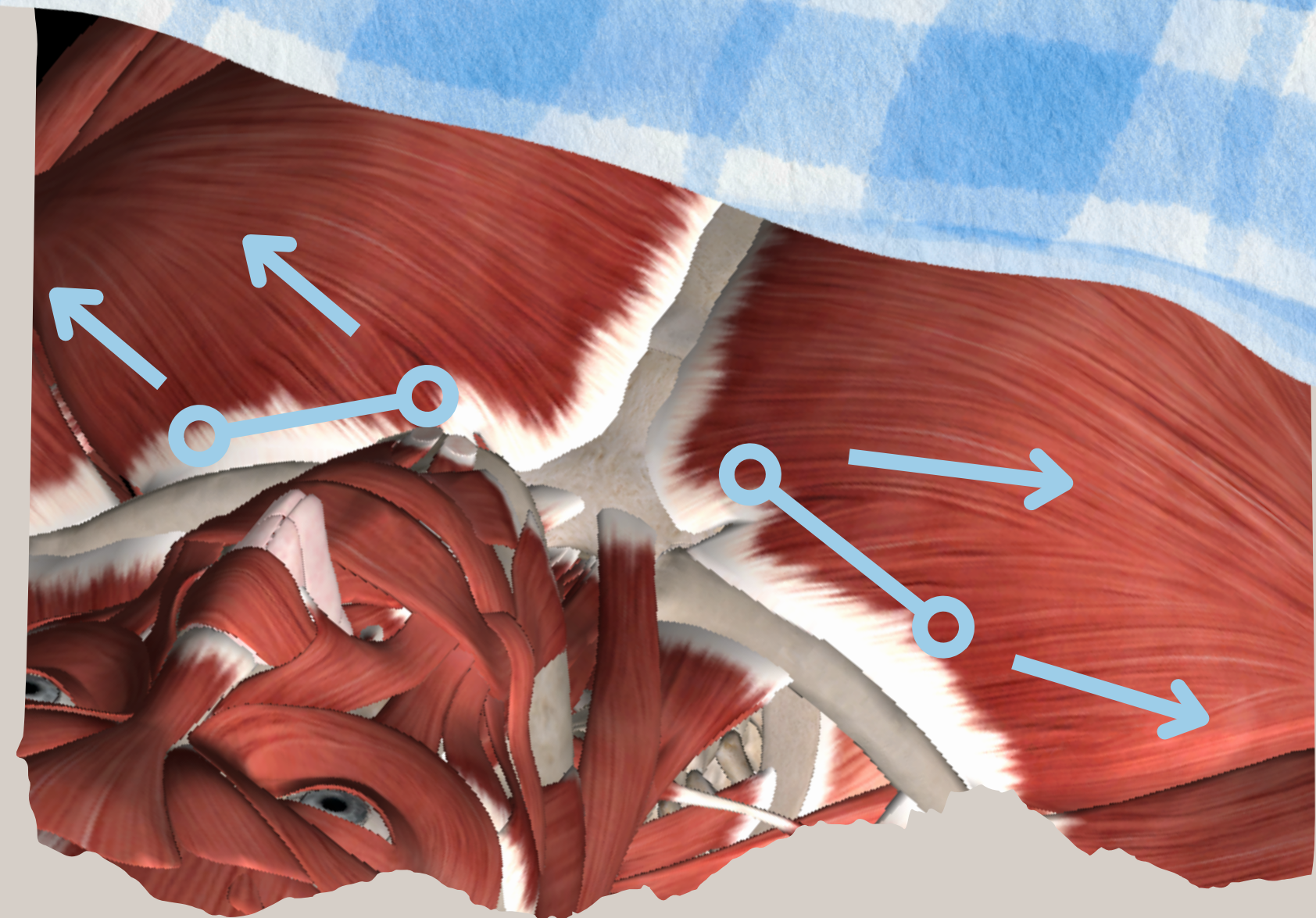
- **Suboccipitals**
- **Splenius capitis**
- **Splenius Cervicis**
- **Semispinalis capitis**
- **Semispinalis Cervicis**
- **Scalenes**
- **Upper Trapezius**
- **Levator Scapulae**
- **Pectoralis Major and Minor**



PECTORALIS MAJOR / MINOR

Start with two small stones. Use alternating hands, working from superior to inferior over Pectoralis Major and Minor. (Cat pawing)

*Be sure to avoid breast tissue.



OCCIPUT HOLD / TRACTION

Glide around the shoulders - gently rock the stones from side to side all the way to the occipital ridge. Stabilize the stones at the base of the occiput - gently traction neck.



TURN & CIRCLE

With the head slightly turned apply circular friction to Levator Scapula, Scalenes, and Splenius Capitis. Work your way up from the base of the neck to the occiput then glide back down.



SUBOCCIPITAL RIDGE CIRCLES

Use circular friction on the occipital ridge. Palpate Suboccipitals for areas of restriction. Use the end of the stone to gently release restrictions. Repeat on the other side.

The Suboccipitals can radiate pain deep into the head from the occiput toward the back of the eye. Trigger points here can commonly be caused by forward head posture, sustained upward head tilt, or sustained head rotation with tilt.



NECK - LIFT & STRETCH

Lift the head and stabilize it in the crook of your elbow. Use the end of the stone to work specific points in scalenes. Your pressure is up and away – lifting the muscle – not pushing directly into the side of the neck as you want to avoid pressing into the transverse processes of the cervical spine. Use caution around the Brachial Plexus.



UPPER TRAPEZIUS

Using the rounded end of your stone apply direct pressure to upper Trapezius.

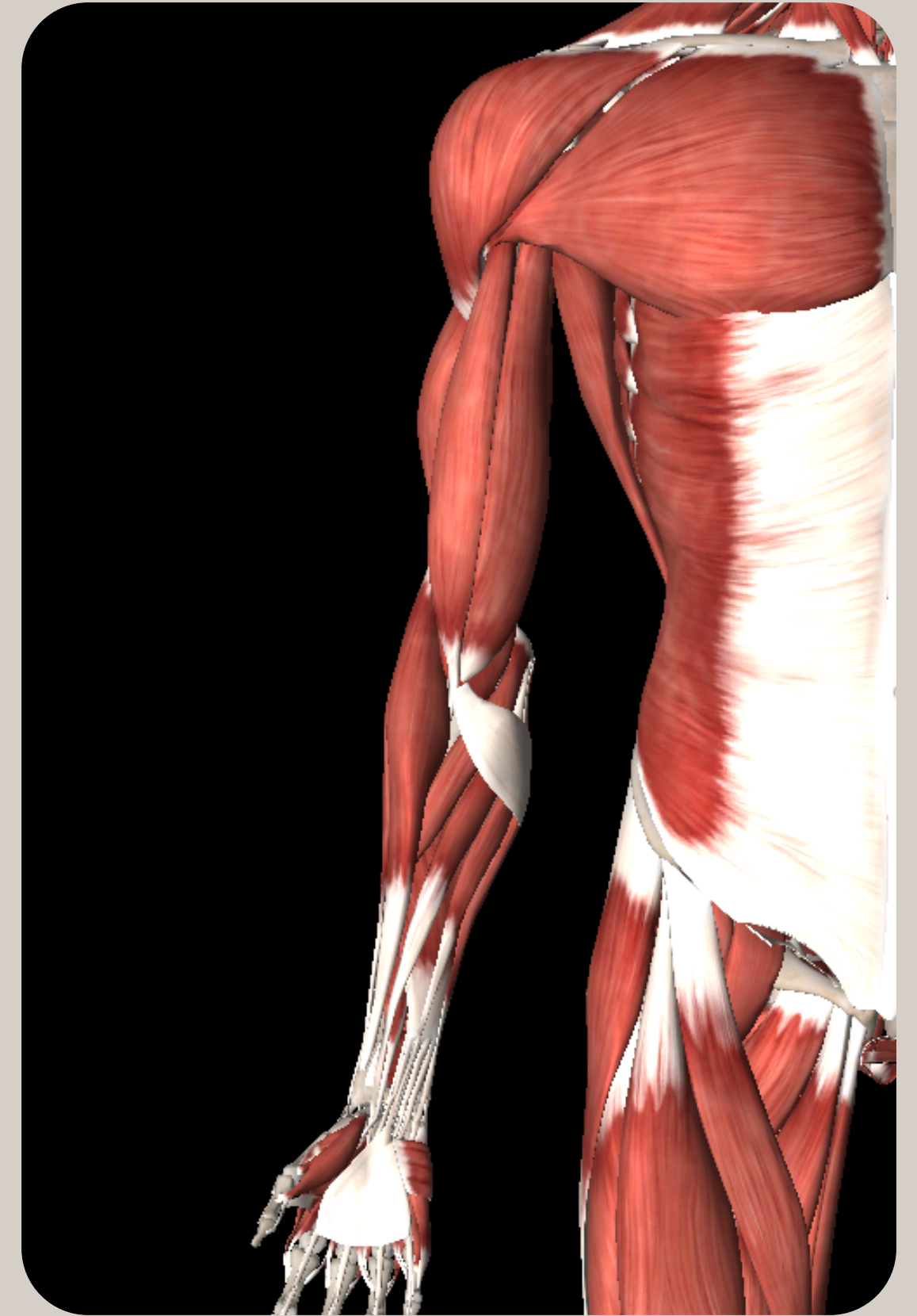
To finish, use your hands to massage the muscles of the neck and upper shoulders.

Reach under the upper body with your hands to work upper Trapezius. Start around T-3 and rake up between spine and scapula border with your fingertips. (no photo)



ARMS

- **Deltoids**
- **Triceps**
- **Biceps**
- **Coracobrachialis**
- **Pectoralis Major and Minor**
- **Forearm Extensors**
- **Forearm Flexors**
- **Hand**



UPPER ARM

With the arm supinated and the elbow flexed use the broad surface of the stone to lengthen the Biceps and Coracobrachialis.

Work from the elbow to the shoulder while extending the forearm.



PECTORALIS / PIN & STRETCH

Stand at the side of the table – hold their wrist and keep their elbow bent.

Use the broad flat surface of the stone to work from the Sternum out the Pectoralis Major and Minor. (Photo A)

Lift the arm straight up to shorten the Pectoralis muscles. Stabilize the stone while opening the arm for a stretch. Pin and stretch. (Photo B)



TRICEPS

Hold the arm up over their head with the elbow bent—
glide the stone down triceps to the upper lats.

You can extend their arm to get a better stretch.



EXTENSORS

Place their arm on the table. Glide up the extensors to warm the tissue then work proximal to distal on forearm – ask them to move their fingers as though they are playing piano while you slowly release the wrist extensors.



FLEXORS

With their arm bent and supinated work up the wrist flexors from the wrist to the elbow. Use deep compression, myofascial release and muscle stripping along the forearm flexors.

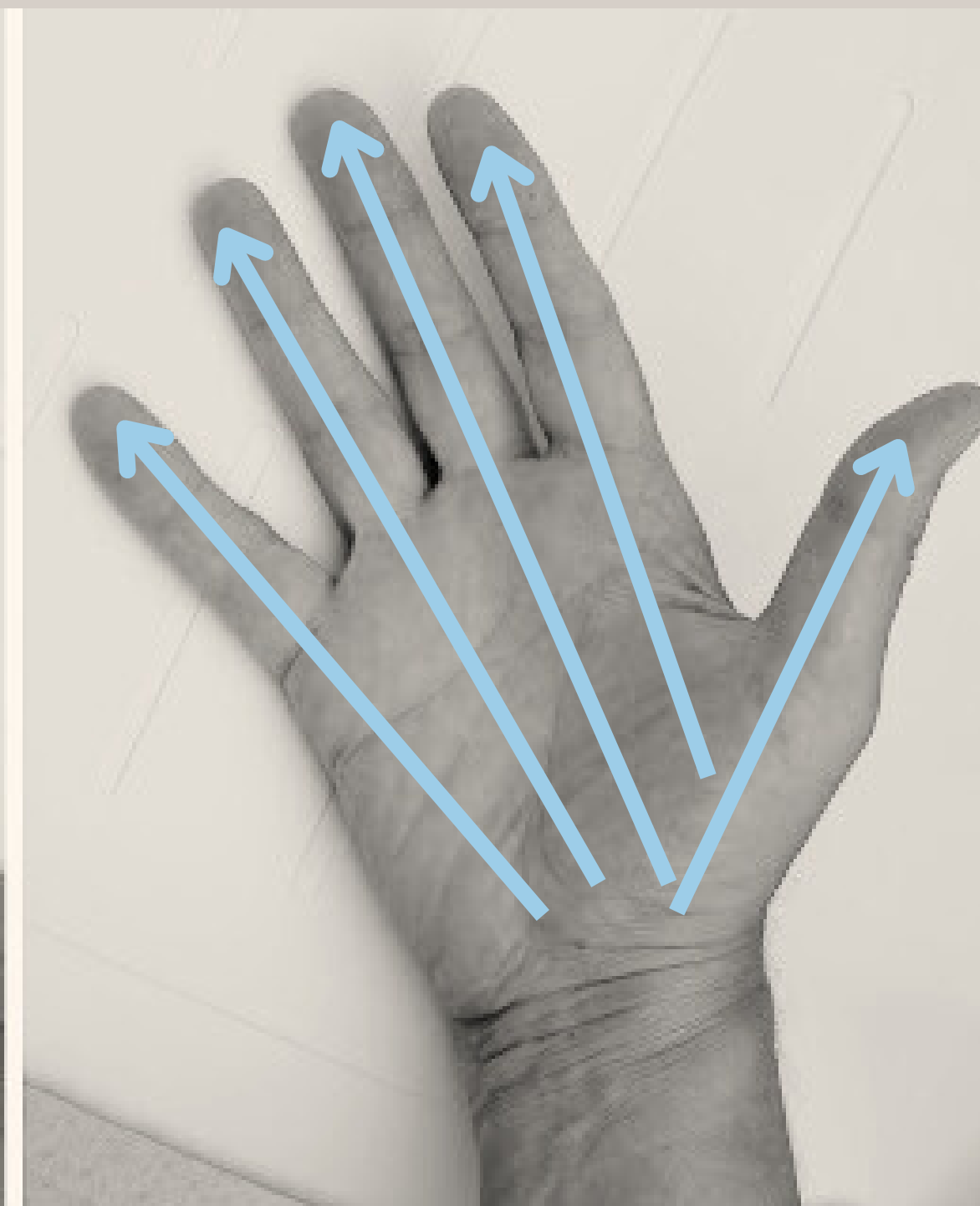
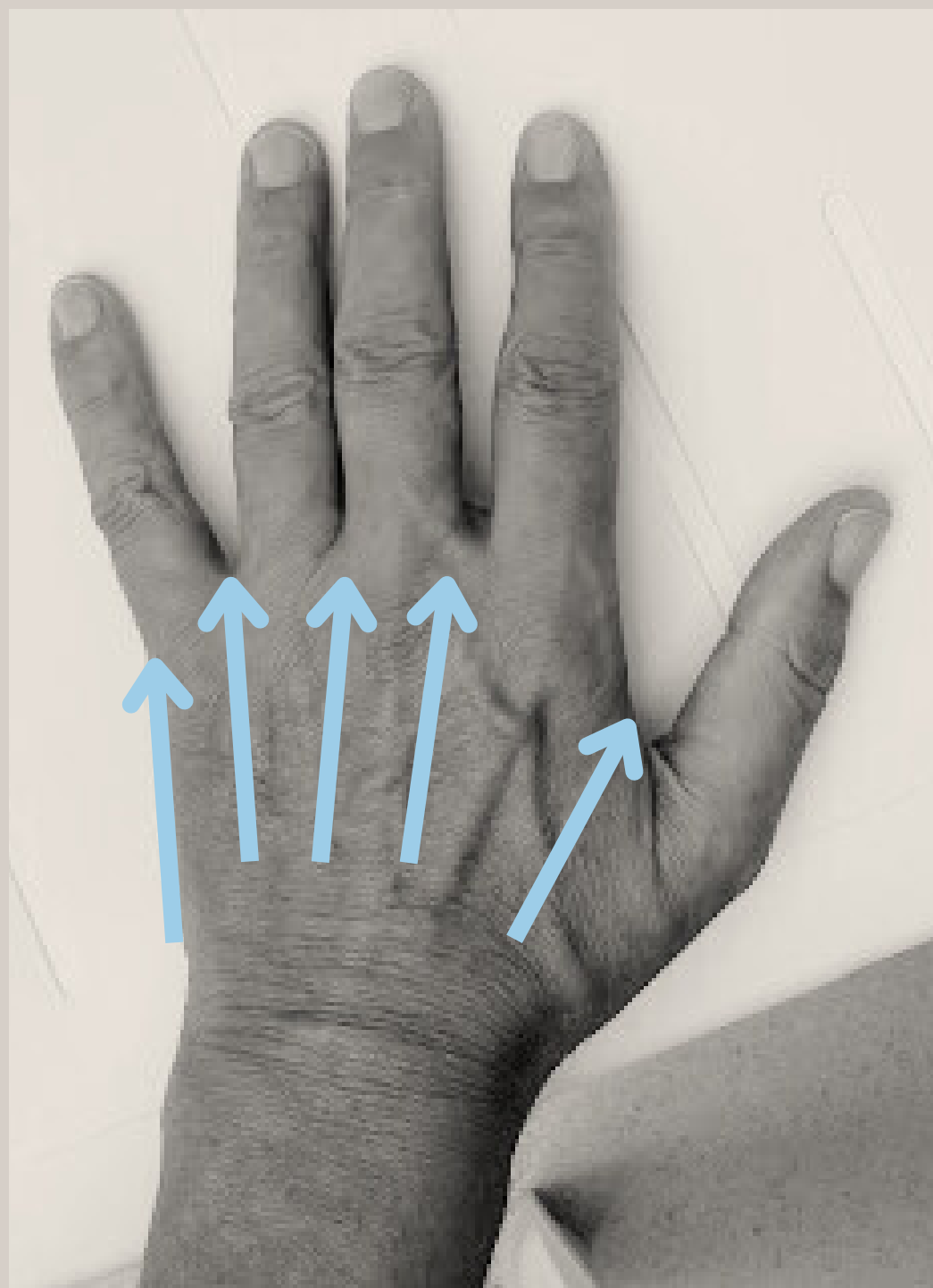
Use flexion and extension of the wrist to pin and stretch the forearm flexors.



HANDS

Work the backs of the hands.

Work from palms to finger tips.





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