PARANASAL SINUS DRAINAGE
Supplemental Continuing Education bodywork program

Sandy Grover Mason, BA
LMBT #4403, CMT
BCTMB, AMTA,
AFMTE

Objectives
Upon Completion of this course, students will be able to:
- List the four (4) paranasal sinuses
- Identify on a skeleton or fellow student the location of the paranasal sinuses and the Eustachian tube.
- List and identify on skeleton or fellow student at least four (4) basic exterior bones of the skull.
- List and identify on skeleton or fellow student four (4) muscles of the skull which impact sinus drainage.
- List three (3) contraindications for Paranasal Sinus Drainage.
- List at least two (2) fundamental theories for release of congestion and direction of lymphatic/sinus flow.
- Using prescribed body mechanics, use Paranasal Sinus Drainage techniques to effect releases in previously identified areas of congestion or muscle tension.

Guidelines:
- Work within client’s comfort level
- Watch your body mechanics – keep hands relaxed
- Communicate with client to foster trust and relaxation, and to target specific areas of blockage or sensitivity.
- Get feedback! This is not typically the type of massage where your client falls asleep on the table.
- Faces are sensitive; be gentle, slow and mindful.

Preparations, Requisite materials:
Massage table, chair or stool

Special Cautions:
Student should screen client for cold sores, acne, TMJ dysfunction, colds or systemic infections, and the presence of contact lenses or dentures.
BASIC THEORIES AFFECTING SINUS DRAINAGE:

Lymphatic flow
Subcutaneous fluid movement
Lymph nodes and thymus
Acupressure
Meridian Lines
Chinese Medicine
Cranio-Sacral techniques
Deep Tissue

ANATOMY – fill in the blanks based on lecture content:

Paranasal Sinuses: Four (4)
- __________________
- __________________
- __________________
- __________________
- __________________

Eustachian Tube

Skull Bones:
- __________________
- __________________
- __________________
- __________________

Ethmoid
Sphenoid
Nasal
Lacrimal
Zygomatic
Maxilla
Mandible
Related musculature:

(Facial)
Temporalis
Frontalis
Occipitalis – connected by galea aponeurotica become Occipitofrontalis
Orbicularis Oculi
Zygomaticus Major and Minor
Orbicularis Oris and Buccinator
Masseter

(Head)
Splenius Capitus
Suboccipitals
Rectus Capitus Posterior (Major and Minor)
Oblique Capitus (Superior and Inferior)
Trapezius
Levator Scapula (to a lesser extent)

What is the TMJ, and what is involved with TMJ dysfunction?

CONTRAINDICATIONS:

• (local contras) __________, __________, __________
• (systemic contras) __________, __________
• __________, __________
  (unless you are trained in these areas, e.g. medical massage, pregnancy massage)
• __________
• __________

CAUTIONS:

• __________
• __________
• __________
• __________
• __________

INDICATIONS:

✓ __________
✓ __________
✓ __________
✓ __________
✓ __________
PARANASAL SINUS DRAINAGE: bodywork protocol

1. **Contact hold** at occiput.
2. Gentle circles just superior to clavicle to **stimulate lymph glands** at terminus.
3. Stand - Myofascial-style **stretch on forehead**; heels of hands together at center of forehead, stroke is with heels/palms, each hand working laterally.
4. **Circles at temples** when you get there, continue strokes down side of face towards thymus. (this and the rest are seated)
5. Stretch/glide thumbs (thenar eminence) from **either side of nose down sides of face towards thymus** (think of “squeegee-ing” fluid from face down to lymph nodes). Go slowly!
6. Same stroke again, only on **upper lip, followed with another across chin**.
7. **Circles at masseter**.
8. Ears – “**coin rub” circles, then pull out and downward** in direction of Eustachian tube.
9. **Accupressure points and the orbit of the eyes** (hold for count of 18 or more):
   - index fingers at upper inside corner of eye orbit (rest thumbs on “3rd eye” spot on forehead) – B2 Drilling Bamboo, and GV 24.5 Third Eye.
   - index fingers again, one finger-width lateral from first hold (feel for “notch” in skull which invites finger; thumbs are still on 3rd eye)
   - thumbs on lateral edges of eye orbit (outer corner of eye; index fingers rest lightly on the masseter, pinkies on temples) – St 6 Jaw Chariot.
   - thumbs on innermost edge of bridge of nose (rest finger or fingers in zygomatic arch)
   - move thumbs 1 finger-width laterally and press again, on either side of bridge of nose (press 2nd point under zygomatic arch) – St 2 Four Whites, and St 3 Facial Beauty.
10. **3 holds at occiput** – use more pressure! At base of skull, ½” inferior (down the neck a bit), and then ½ “ lateral, at skull again. GV 16 Wind Mansion, B10 Heavenly Pillar, GB 20 Gates of Consciousness.
11. Start at base of neck and **press with thumbs of both hands on trapezius**, then lift, and press approx. 1 inch laterally, and continue to end of shoulders where trapezius ends. GB 21 Shoulder Well.
12. Close with contact hold of your choice.
References/Sources:


http://www.logan.edu/mm/files/LRC/Senior-Research/1998-Dec-18.pdf (Sinusitis - Diagnosis and Conservative Treatment; includes treatment via acupressure, cranial work, osteopathy, chiropractic, etc)


http://books.google.com/books?hl=en&lr=&id=tA0hAQAAIAAJ&oi=fnd&pg=PA73&dq=lymph+drainage+and+sinus+congestion&ots=dNly9ZEc0d&sig=esYQrezn_oeJGlmXSVTUK3yFpax#v=onepage&q=lymph%20drainage%20and%20sinus%20congestion&f=false (the lymph drainage of the accessory nasal sinuses)

http://nccam.nih.gov/research/results/spotlight/031709.htm (research into acupressure and headaches).


http://www.hopkinsmedicine.org/neurology_neurosurgery/specialty_areas/headache/conditions/tension_type_headache.html (John’s Hopkins article on types of headaches).

On the drainage and irrigation of the paranasal sinuses through the natural pathways (Russian study)

Maxillary sinus drainage, comparative anatomy study (Sussex Eye Hospital, UK).


Michael Reed Gach, Acupressure’s Potent Points; A Guide to Self-Care for Common Ailments, pp 26, 60-61, 90, 104-105, 198, 201-203, 230,


Susan G. Salvo, Massage Therapy; Principles and Practice, 3rd edition, pp 707-708.
