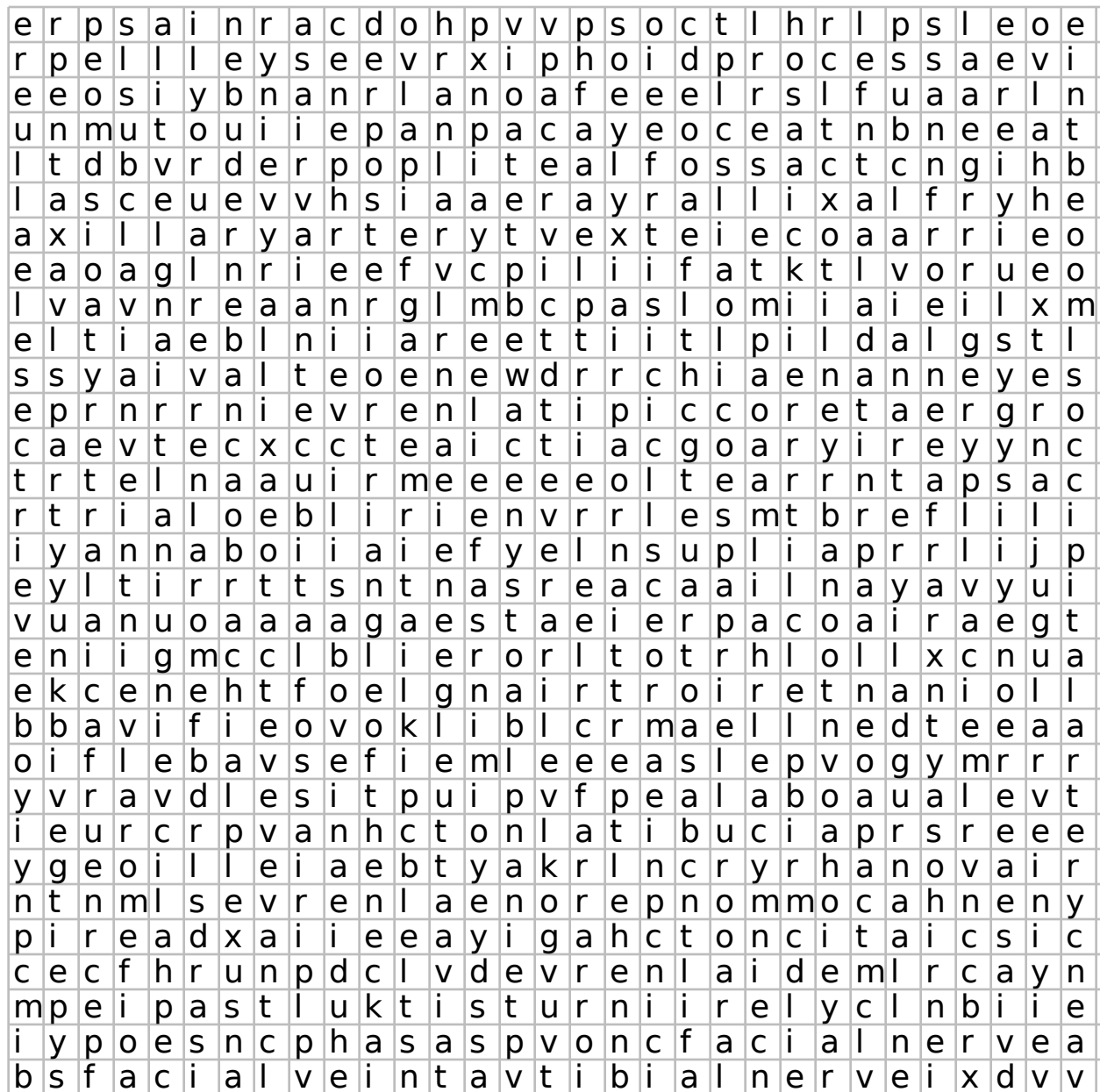


Message Endangerment Sites

MassageNerd.com

Areas to be cautious of when massaging



Antecubital fossa
 Axillary Nerve
 Brachial Plexus
 Cubital notch
 Facial Artery
 Femoral Nerve
 Inguinal triangle
 Medial epicondyle
 Popliteal Artery
 Sciatic notch
 Thyroid
 Umbilicus area

Anterior triangle of the neck
 Axillary Vein
 Brachial Vein
 Delto pectoral triangle
 Facial Nerve
 Femoral Vein
 Kidneys
 Medial Nerve
 Popliteal fossa
 Spine
 Tibial Nerve
 Xiphoid process

Axillary area
 Basilic Vein
 Cephalic Vein
 External Jugular Vein
 Facial Vein
 Greater Occipital Nerve
 Lateral epicondyle
 Occipital area
 Popliteal Vein
 Subclavian Artery
 Trigeminal Nerve

Axillary Artery
 Brachial Artery
 Common Peroneal Nerve
 Eyes
 Femoral Artery
 Greater Saphenous Vein
 Lesser Occipital Nerve
 Occipital Artery
 Posterior triangle of the neck
 Subclavian Vein
 Twelfth rib