

Target Area	Attachment	Intensity –these are guidelines but should be based off the clients tolerance	Placement Examples	Cautions/Considerations
Head	Double Loop	Low	Joint at back of head, top of head, or front of head, held under jaw	May ping in sinus or teeth cavities, causing pain
Neck	Double Loop	Low	Joint at back of neck or on throat	
Shoulders	Double Loop 18" Loop	As Comfortable	Double loop clamped over shoulder joint 18” loop across body (head and one shoulder through)	
Arm/Wrists/Hands	Double Loop	High	Clamp on area of concern or hold in hand	

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Chest	18” Loop Large Mat	As Comfortable	18” loop hanging from neck down front or layer across chest Mat laid under chest or in upper chair cushion	Too much time/intensity here can mobilize cholesterol or mucus, resulting in a cough
Upper Abdomen	18” Loop Large Mat	As Comfortable	18” loop laid across upper abdomen Large mat laid under upper abdomen or in upper chair cushion	Too much time/intensity here may increase bowel movements
Lower Abdomen	18" Loop	As Comfortable	18” loop laid across lower abdomen Large mat laid under lower abdomen or in upper chair cushion	

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Thighs	Double Loop 18” Loop Small Mat	High	Double loop clamped over area of concern 18” loop laid over length of thigh Small mat laid under thighs or placed in lower chair cushion	
Knees	Double Loop	High	Clamped over knee, joint at front or sides of knee	
Lower Leg	Double Loop 18" Loop Small Mat	High	Double loop clamped over area of concern 18” loop laid over length of shin Small mat laid under lower legs or placed in ottoman chair cushion	
Ankle/Feet	Double Loop	High	Double loop clamped over area of concern, joint at front or back of ankle, under heel, under or over arches of foot	