

Back Rub

- Follow infection control procedures
- Wear appropriate protective equipment
- Ensure client privacy and dignity

- Have the person lie on their tummy, if not, on their side
- Wash their back with warm water and dry it with clean towel
- Put the “rub” lotion in your hand and rub your hands together to warm the lotion
- Place each of your hands, one either side of their spine, just above their buttocks
- In long slow gentle circular motions, rub their back with the heel of your palm slowly upwards towards their shoulders on to the back of the neck and upper arm
- Wipe off any excess lotion with paper towel or dry linen towel
- Make the person comfortable

- Be careful not to press too hard where the person is bony
- Be careful to look for skin damage before, during and/or after the rub

