

Tapping, Mode 1 – Feels like fists gently pounding on your back in an alternating fashion. The fists run continuously.

Tapping, Mode 2 – The fists are grouped together with a short pause in between.

Clapping, Mode 1 – Feels like a chopping action made with the side of the palms. The chops are made in rapid, tight groups.

Clapping, Mode 2 – The chops are in a distinct “1 – 2 – pause” pattern.

Shiatsu, Mode 1 – Feels a series of rapid presses made with the thumbs. The presses are made in a “press-press-press-press - move” pattern.

Shiatsu, Mode 2 – The presses are made in a “1 – 2 – pause” pattern.

Rolling – Feels like a rolling pin being slowly rolled on your back. There is only one mode for Rolling.

Swedish, Mode 1 – Combines an initial roll with a series of light fist taps that repeats.

Swedish, Mode 2 – Combines an initial roll with a burst of light taps, a pause, then a short burst of light taps.

Kneading, Mode 1 – Feels like a continuous kneading movement with the pressure of the knead moving to the center of the back. (Outside in)

Kneading, Mode 2 – Reverses the kneading movement so that the pressure of the knead moves to the sides of the back. (Inside out)