



MASSAGE THERAPY

TECHNIQUES

- Stroking::



Basic principles

- :Patient privacy
- :massage should be slow, regular and rhythmic.
- Patient and therapist should be in comfortable position.

Indications:

- Oedema
- Bell's palsy
- Sprain
- Muscle injury
- Relaxation
- Pulmonary conditions
- Ligament sprains
- Rheumatic diseases
- Arthritis



- Joint stiffness
- Headache
- Insomnia
- Depression
- Myofascial pain
- Soft tissue adhesions.

Contraindications

- Acute inflammation
- Skin infection
- Fracture
- Varicose veins
- Deep vein thrombosis
- Recent surgery 24 hours to 72 hours.
- Haematoma
- Skin disorders
- Fever.

Techniques

- Stroking
- Pressure
- Percussion
- Shaking

EFFECTS OF MASSAGE

- :Mechanical
- Psychological
- Circulatory system
- Nervous system
- Musculoskeletal system

MECHANICAL EFFECTS

- Removes dead cells.
- Increases warmth
- Increases lubricant
- Allow sweat glands, hair follicles and sebaceous glands to be free of obstruction and function better.
- Promote and retain mobility of new skin tissues.

PHYSIOLOGICAL EFFECTS

- Releases endorphine – reduces chronic pain
- Soothes nerve endings
- Relaxation is promoted by reducing stress.

PSYCHOLOGICAL EFFECTS

- Increase feeling of relaxation and rest
- Decreases anxiety level and stress
- Improves sleep outcomes
- Improves pain outcomes, mental energy and self rated health.
- Improves immune system

MUSCLOSKELETAL SYSTEM

- Increases the flexibility of connective tissue
- Releases fascial adhesions
- Increases joint mobility
- Maintain normal joint functions.
- Reduces physical stress on joints.
- Decrease muscular fatigue and soreness.
- Increases cellular metabolism and remove toxins.

CARDIOVASCULAR SYSTEM

- Decrease the heart rate
- Reduces blood pressure
- Increases venous return to the heart.
- Blood vessel dilatation increases.

RESPIRATORY SYSTEM

- Improves the rate of respiration
- Improves the capacity of lungs
- Helps in relaxed breathing

DIGESTIVE SYSTEM

- Improve appetite
- Increase the secretion of digestive system
- Increase absorption
- Aid in peristalsis

EXCRETORY SYSTEM

- Increases the elaboration of urine, mineral salts, urea and uric acid.

ENDOCRINE SYSTEM

- Improves blood and lymph circulation
- Activates functional activity of internal secretion glands
- Improves self comfort.

TECHNIQUES

- Stroking:
- The uninterrupted linear movement of hand along the whole length of a segment is called “Stroke”.
- Two types :
- Superficial stroking
- Deep stroking/ Effleurage.
- Rhythmic movement of hand or part over skin •
- Lightest amount of pressure •
- to produce desired Sensory effect

Deep stroking/ Effleurage

- The strokes are applied in the direction of the lymphatic and venous drainage.
- Each strokes begins from distal end of the segment and is completed at the proximal end usually at the site of a group of lymph nodes. •
- Contact and continuity must be even throughout the stroke. •
- Depending on the area being massaged, it can be performed with one or both hands.

Technique

- Usually the palmar aspects of hand, fingers or thumb are used. •
- The therapist should be positioned in a comfortable stance. •
- Walk standing position is preferred. •
- The entire length of the segment is covered in one go

Specific contraindications

- Newly healed scar tissues
- Recent skin grafts
- Open wounds

Pressure manipulations

- Application of deep compression to the body with constant touch.
- The techniques are directed particularly towards the muscular tissue.
- Maximum mechanical movement between different fibres is achieved in these techniques, by application of deep localised pressure

Classification

INTERMITTENT PRESSURE

- Kneading
- Petrissage
- CONSTANT PRESSURE
- Friction

KNEADING

- Relaxed hands are placed firmly over the skin.
- The tissues are compressed against the bone •
- Deeper tissues are compressed and moved in a circular way. •
- Movement should take place only in the deeper structure not over the skin

TECHNIQUES

- The whole man oeuvre consists of several small concentric circles performed parallel to the body surface and each circle overlaps the previous one. •
- The pressure is gradually increased during one half of the circle till it reaches to the maximum level at the top of the circle. •
- Similarly during the other half, pressure is decreased gradually till it reaches minimum at the bottom of the circle.

TECHNIQUES

- Each circle has two phases
- I. Phase of Compression
- II. Phase of Relaxation
- During the phase of relaxation – hand slides smoothly to the adjoining next area
- Walk standing
- The body weight is used to apply the pressure
- Therapist applies pressure by shifting the body weight alternately on both the legs.

KNEADING

- Palmar kneading
- Digital kneading
- Reinforced kneading

PALMAR KNEADING

- Performed with whole of pal or with the heel of hand.
- Usually over large areas : thigh, calf, arm, etc.
- Heel of hand is useful on muscle bellies but not on tendinous parts.
- Walk standing .
- Fingers & thumb are not kept in contact with the skin.
- Manipulation is initiated by making a small circle first with one hand than with other hand without applying any pressure.

- Shoulder girdle.
- Both the hands make circle in opposite direction--- clockwise with right hand & anticlockwise with left hand.

Palmar kneading

- Finger kneading
- palmar aspect of either whole finger or part to apply pressure.
- Only one finger or two or more fingers can be used together to increase the contact area.

Finger kneading

- Whole finger kneading
- Finger pad kneading
- Finger tip kneading
- Reinforced kneading[ironing]
- Elbow kneading

CONTRAINDICATIONS

- All cases of Hypotonia
- Early infantile paralysis & extreme debility
- Hairy skin
- Early stages of recent injuries.

PETRISSAGE

- Picking up
- Skin rolling
- Wringing.

- Lifting & kneading of skin, subcutaneous tissue & muscles.
- Performed with fingers or hand.
- **It is often performed without lotion.**
- Skin is gently lifted between thumb and fingers or fingers and palm , gently rolled and kneaded in the hand.
- The stroke is perhaps the hardest stroke since it involves the use of the “C” part of the hand (between the thumb and first finger, or the “webbing” as a primary pressure point.

FRICTION

- The goal is to mobilize muscle, tendon, scar tissue & separate adhesions that restrict movement & cause pain.
- Types:
- Circular • Applied with thumbs working in circular motion
- Effective in treating muscle spasm & trigger points.

TRANSVERSE FRICTION

- Applied with thumbs or fingertips stroking the tissue from opposite directions.
- It reaches the deep tissues.
- Begins lightly and then move to firmer strokes.
- Muscles should be placed in relaxed position
- Should be avoided in acute conditions.
- Effective in tendonitis or adhesions.

PERCUSSION [TAPOTEMENT]

- Gentle tapping or pounding of the skin.
- It is a percussion stroke with the blow being immediately pulled off the muscle as soon as the hand strikes.
- Types:
 - Hacking
 - Beating
 - Cupping
 - Slapping
 - tapping

TYPES

- Hacking is performed using the ulnar side of the hands (little finger side) in alternating blows with the wrists kept loose.
- **Beating is performed with the ulnar side of the hand and loose fists.** •
- Cupping is performed with the palmar side of the hand in concave position.
- **Slapping is performed with the palmar side of the hand with usually more finger surface than palm.**
- Tapping (as beating) and pinching are both performed using the fingertips.

CONTRAINDICATIONS

- Tapotement is not performed over the kidneys or bony surfaces.

VIBRATION AND SHAKING

- Vibration is a fine, gentle trembling movement of the tissues which is performed by hand or fingers.
- Shaking is a large movement performed more vigorously.
- **Technique:** The palmar surface of the hand is placed on the body part.
- Gentle vibration can be performed using just the fingertips along course of a nerve

BENEFITS

- Paralysis or weakness
- Decrease muscle hypertonicity
- Aid digestion
- Relieve constipation
- Respiratory problems.

CONTRAINDICATIONS

- Severe hemoptysis
- Acute pleuritic pain
- Active pulmonary tuberculosis
- Fractured rib
- Osteoporosis.