



Mechanical points consideration



Objective of Lecture



- To discuss treatment considerations and guidelines
- To identify the preparation of equipment , patient and therapist for applied massage.
- To identify different types of massage manipulation



POINTS CONSIDERED DURING MASSAGE TECHNIQUE



Treatment considerations and guidelines.

Preparation for applied massage:

a) Equipment

b) Patient

c) Practitioner

Types of massage manipulation



CONT'D



- Knowledge of anatomy essential Understanding of existing pathology Thorough knowledge of massage principles (must have manual dexterity, coordination, & concentration).
- Must also exhibit patience & courteousness



Treatment Considerations

- Pressure regulation should be determined by the type & amount of tissue present. Also, pressure is governed by the condition & which tissues are affected.
- Rhythm must be steady and even. Duration depends on pathology, size of area, speed of motion, age, size, & condition of patient.
- Massage of back or neck area might take 15-30 min, while it may require less than 10 min. for a large joints.



Preparation of the Patient

- Relaxed and comfortable position body should be properly aligned undress the part to be treated only and must be adequately supported. using pillows for each position.
- The treatment area should be well heated and ventilated



Preparation of the practitioner

- Appearance and personal hygiene.
 - Hands must be clean, warm, dry & soft.
 - Nails must be short and smooth.
- You must be able to fit your hands to the contour of the area being treated.
 - Tied back long hair , and kept jewellery to a minimum.
- Avoid constant hyperextension or hyperflexion of any joints which may lead to hypermobility.



Body mechanics and stance



Body mechanics are the proper use of postural techniques.

Principles of Body Mechanics

1. Strength: to assist patient on and off the table and performing the massage.
2. Stamina: to see several patients over the course of a single day.
3. Breathing: to relax and keep a steady pace, and enhance mental and physical health.
4. Stability: to move from a stable base.. Proper body mechanics will transfer the force from the lower body to the upper body and then to the client.
5. Balance: In combination with stability, balance helps therapists overcome the forces of gravity. The more balanced a therapist is, the less energy he or she will expend during the massage



1. what are the performas used in sequence order?
2. Practitioner what are the criteria followed to treatment?
3. what are the stances used in massage therapy session?
4. what is lubrication?



Acquory simha, Text book of masage manipulation

THANK YOU