



A SCIENTIFIC APPROACH TO MASSAGE

Presented by:

DR. V. DURAISAMI

HISTORY OF MASSAGE

- The French colonist in India first used the term “ Massage” during 1761-1773.
- The practise of massage has been mentioned in all the recorded ancient civilizations. In Babylon and Assyria, it was used to principally to expel evil sprit from the body of the patient,
- It was in china , used in more scientific way. The oldest medical work of Chinese “NEI – CHING”, written around 1000B.C.,mentions the use of massage in paralysis and in caessation of circulation.
- In about 619-907 B.C., during TANG dynasty, massage was recognised as the part of Medical practice.





- History of massage in 20th century was dominated by new techniques and new systems namely,
- Sports Massage – Connective Tissue Massage
- Reflex Massage – Acupressure
- Periosteal Massage – External Cardiac Massage
- Today man is subjected to far greater stress and strain than anytime in the history. Technological and economic advancement has created a pace and life style, which an individual often finds difficult to synchronize with. The Incidence of

MASSAGE – A Healing Art





- Massage is a scientific mode of curing certain forms of disease by systemic manipulations.

-

Murrel.

- Massage is a term applied to to certain manipulations of soft tissues. These manipulations are most efficiently performed with the palmar aspect of the hands and administered for the purpose of producing effects on the nervous system, muscular systems as well

CONTRAINDICATIONS





- Contraindications are the conditions in which one should not administer a particular therapeutic modality .
- The Contraindications of massage is classified into two categories
 - Local
 - General
- **LOCAL:**
 - those conditions are included in which the particular area of the body affected by a condition must not be **MASSAGED**.
- **GENERAL:**

GENERAL CONTRAINDICATIONS

- High fever
- Severe renal and cardiac diseases
- Deep X – Ray therapy
- Osteoporosis
- Severe Spasticity
- Very Hairy skin
- Patient preference



LOCAL CONTRAINDICATIONS

- Acute inflammation
- Skin diseases
- Recent fractures
- Severe varicose veins
- Atherosclerosis
- Thrombosis
- Myositis Ossificans
- Malignancy
- Open Wound
- Poisonous Foci
- Others..



FEATURES OF MASSAGE TECHNIQUE

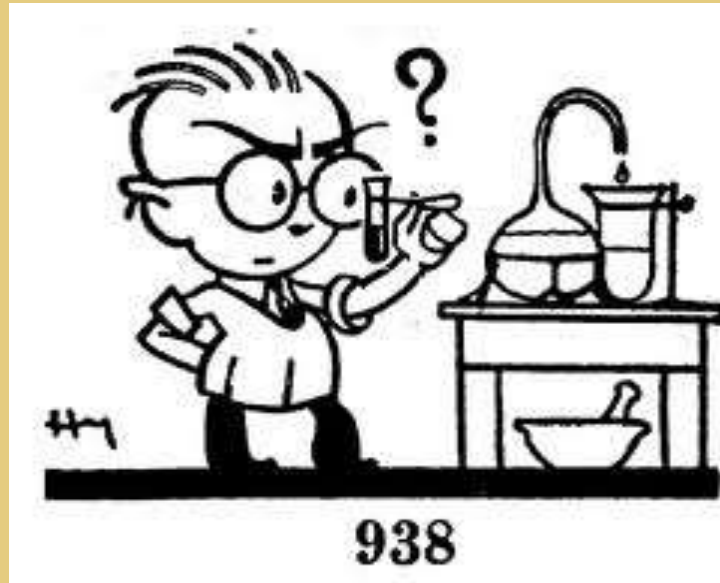


Some essential features are

- Technique should apply mechanical forces to the soft tissues of the body
 - These forces must not produce any change in the positioning of the joint
 - The techniques must evoke some physiological and/or psychological effect which serve to achieve the therapeutic, restorative or, the preventive goal.
- The effects produced by the technique depend entirely upon the the type of tissue approached and the character of the technique is governed , which depends on
 - Magnitude of the applied force
 - Direction of the force
 - Duration of the force



PHYSIOLOGICAL EFFECTS





- Effects on the circulatory system
 - On the venous and the lymphatic flow
 - On the arterial flow
- Effects on blood
- Effects on the exchange of nutritive elements
- Effects on metabolism
- Effects on nervous system
 - On sensory nervous system
 - On motor nervous system
 - On autonomic nervous system
- Effects on mobility of the soft tissue
- Effects on the respiratory system
- Effects on skin
- Effects on adipose tissue
- Psychological effects

A lit candle in a wooden holder with decorative elements. The candle is lit, and the flame is visible. The holder is made of wood and has some decorative elements, including a small white flower and some green leaves. The background is a warm, golden color.

PHYSIOLOGICAL EFFECTS OF MASSAGE AT A GLANCE

- ↑ Venous and lymphatic flow
- ↑ Arterial blood flow to the muscle and skin
- ↓ Stagnation of fluid in tissue space
- ↑ Removal of waste products of metabolism
- ↑ WBC, RBC, and platelets counts in circulating blood
- ↑ Nutritive exchange between bloods and cell
- ↑ Trophic status of the part massaged
- Induce sedation
- ↓ Pain
- Facilitate contraction in hypertonic muscle
- ↓ Excitability of motorneuronal pool in



PHYSIOLOGICAL EFFECTS OF MASSAGE AT A GLANCE

- Modulate autonomic response
- ↑ Electroderma response or GSR ([Galvanic skin response](#), a method to understand various types of activity in certain parts of the body)
- ↑ Removal of secretion from lung
- ↑ Gaseous exchanges across pulmonary capillaries
- ↑ Removal of dead cells from skin
- ↑ Activity of sweat and sebaceous gland
- Modulate psychosomatic arousal
- Mobilise Soft tissues
- Break the soft tissue adhesions
- Accelerate various metabolic processes
- Promote lypolysis.

THERAPEUTIC USES

- To improve the mobility of the soft tissues
- To reduce the muscle spasm and pain under abnormal conditions
- To reduce Oedema
- To increase circulation
- To mobilise secretion in the
- To induce local and general



THERAPEUTIC APPLICATIONS

- Oedema
- Radical mastectomy
- Venous ulcer
- Lower motor neurone lesion
- Bell's palsy
- Sprain
- Tenosynovitis
- Tendinitis
- Muscle injury
- Traumatic periostitis
- Fibrositis
- Painful neuroma
- Engorged breast
- Flatulence
- Relaxation
- Pulmonary conditions

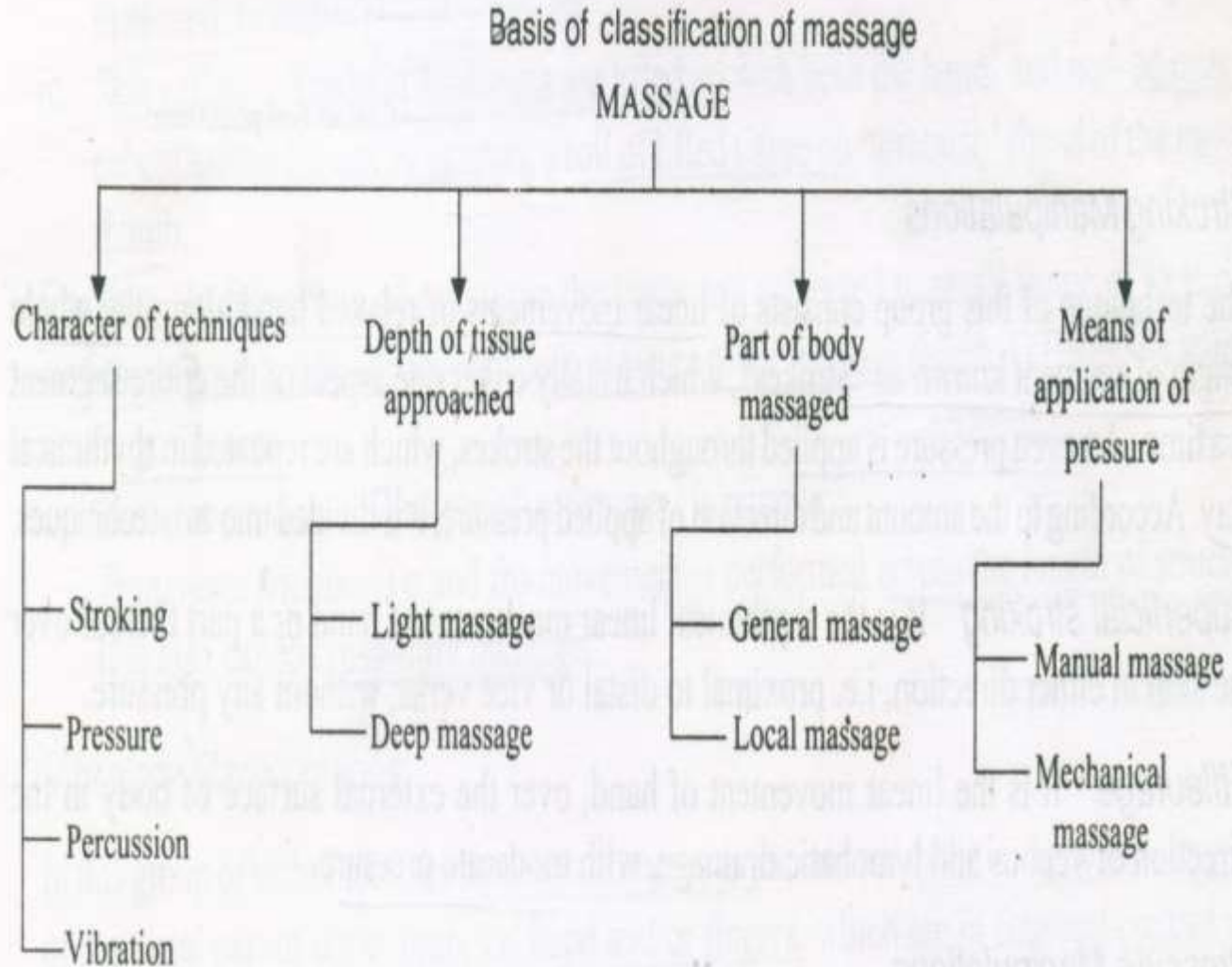




THERAPEUTIC APPLICATIONS

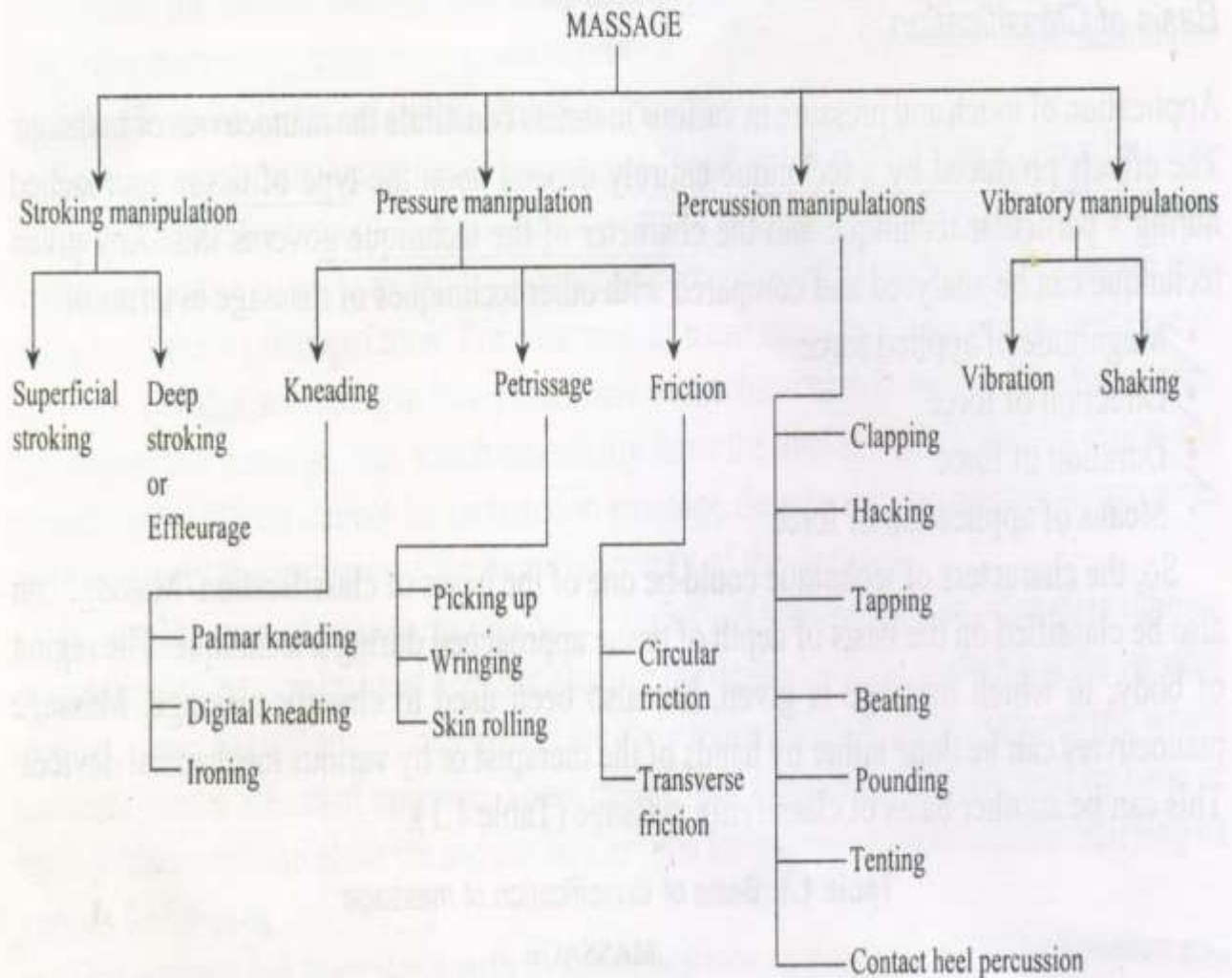
- Aims
- Techniques used
- Positioning
- Sequence of procedure
- Caution

CLASSIFICATION OF MASSAGE



CLASSIFICATION OF MASSAGE ON THE BASIS OF CHARACTER OF TECHNIQUE

Classification of massage techniques on the basis of character of techniques



FEATURES OF VARIOUS TECHNIQUES OF CLASSICAL MASSAGE


- **STROKING** – linear movements of hands or parts thereof, along the entire length of the segment, with the lightest pressure and constant touch
- **EFFLEURAGE** – Linear movement of hand or a part thereof, along the entire length of the segment, with the lightest pressure and constant touch
- **KNEADING** – Circular movements of soft tissues, parallel to the long axis of the underlying bone, with constant touch and intermittent pressure



A decorative lamp with a flame and a small figure inside. The lamp is made of wood and has a glass chimney with a flame. Inside the lamp, there is a small figure of a person. The lamp is lit, and the flame is bright. The background is a light yellow color.

FEATURES OF VARIOUS TECHNIQUES OF CLASSICAL MASSAGE

- **FRICTION** – Small range of To and Fro movement of soft tissue with constant touch and deep pressure.
- **PERCUSSION** – Oscillatory movement of hand or part thereof with intermittent touch and pressure.
- **VIBRATION** – Small range of Oscillatory movements of hand in upward, downward, directions



The Different parts of hand are used to strike the subject's skin and accordingly the techniques are named:

- **CLAPPING** - Cupped Palm.
- **HACKING** - Ulnar Border of the 5th, 4th and 3rd digits.
- **BEATING** - Anterior aspect of the Clenched Fist.
- **TAPPING** - Pulp of fingers.
- **POUNING** - Medial aspect of the Clenched Fist.



PRACTICAL ASPECTS OF MASSAGE

- POSITIONING OF THE PATIENT AND PILLOWS
 - Prone lying
 - Supine lying
 - Half lying
 - Side lying
 - Sitting
- DRAPING
- STANCE OF THE THERAPIST
 - Stride standing
 - Walk standing
 - Fall out standing
- ATTITUDE AND APPEARANCE OF THE THERAPIST
- CONTACT AND CONTINUITY
- SELECTION OF TECHNIQUE
- LUBRICANTS
 - Cream
 - Powder
 - Oils



PRACTICAL ASPECTS OF MASSAGE

- ACCESSORIES
 - Low Stool
 - Couch
 - Bed sheet
 - Towels
 - Pillows
 - Trays
 - Bowls

NEW SYSTEMS OF MASSAGE





- CONNECTIVE TISSUE MASSAGE
- TREAD MASSAGE
- PERIOSTEAL MASSAGE
- STRIPPING MASSAGE
- HOFFA MASSAGE
- EFFLEURAGE BY HOFFA
- PETRISSAGE BY TAPPAN
- ROLFING
- MECHANICAL DEVICES MASSAGE
 - COMPRESSION DEVICES
 - VIBRATION DEVICES
- DIGITAL ISCHEMIC PRESSURE MASSAGE
- VACUM CUPPING
- STYLYS MASSAGE
- ACUPRESSURE MASSAGE
- EXTERNAL CARDIAC MASSAGE
- UNDER WATER MASSAGE

SPORTS MASSAGE





SPORTS MASSAGE

- Categories Of sports Massage
 - Pre-event massage - 8hrs before event -20-30 min duration
 - Preparatory massage - 30min before event – 5-10 min duration
 - Intermediate massage - During interval and half times – 2-3 mins
 - Post event massage – 1-3 hours after event – 30-60 mins duration
 - Training massage – During conditioning period – 60-90 mins duration



SPORTS MASSAGE

- Role of Massages in Sports
 - Facilitate recovery following intense exercise
 - Relieves discomfort of DOMS
 - Lessen fatigue
 - Helps to identify soft tissue injuries
 - Identify abnormal area of biomechanical stress
 - Identify and treat old soft tissue lesions
 - Enhance psychological recovery
 - Modulate psychosomatic arousal during competition



