

Message

Fast Facts about Massage

- One of earliest remedial practices known to man
- Most natural and instinctive means of relieving pain and discomfort
- Practiced in nearly all ancient cultures
- Practiced, developed and taught primarily by physicians
- Written about extensively in medical books since 500 B.C.
- Used by Chinese starting around 3000 B.C.

Fast Facts about Massage

- Discovered by Japanese around 6th century A.D.
- In Hindu books around 1800 B.C.
- Used by Greeks well before 300 B.C.
- Declined severely during Dark Ages (along with the Bible), but revived in Renaissance era
- Has fluctuated in popularity through time until now

Origin of the word, “Massage”

- **Greek**-masso or massein
- **Latin**-massa
- **Arabic**-mass'h
- **Sanskrit**-makeh

[means to touch, handle, knead or squeeze means to press softly]

History of massage

- Early Chinese writings (in the British Museum) reveal that massage was practiced by the Chinese as early as 3000B.C.



History of massage

- Medical literature of the Egyptians, Persians, and Japanese is full of references to bath treatments (a form of hydro) and also massage.

History of massage



- The Greeks used massage as a part of their physical fitness programs and the Greek women used it as a part of their health and beauty rituals. The ancient Greeks, Herodotus and Hippocrates, left behind them prescriptions for massage and exercise.

History of massage

- Henrik Ling of Sweden (1776-1839), a physiologist, systematized massage and developed what we know today as Swedish Massage, a system based on physiology.



History of massage

- Through the efforts of Dr. Johann Mezger (1839-1909) of Holland, massage became recognized as fundamental to rehabilitation in physical therapy and was established as a scientific subject.



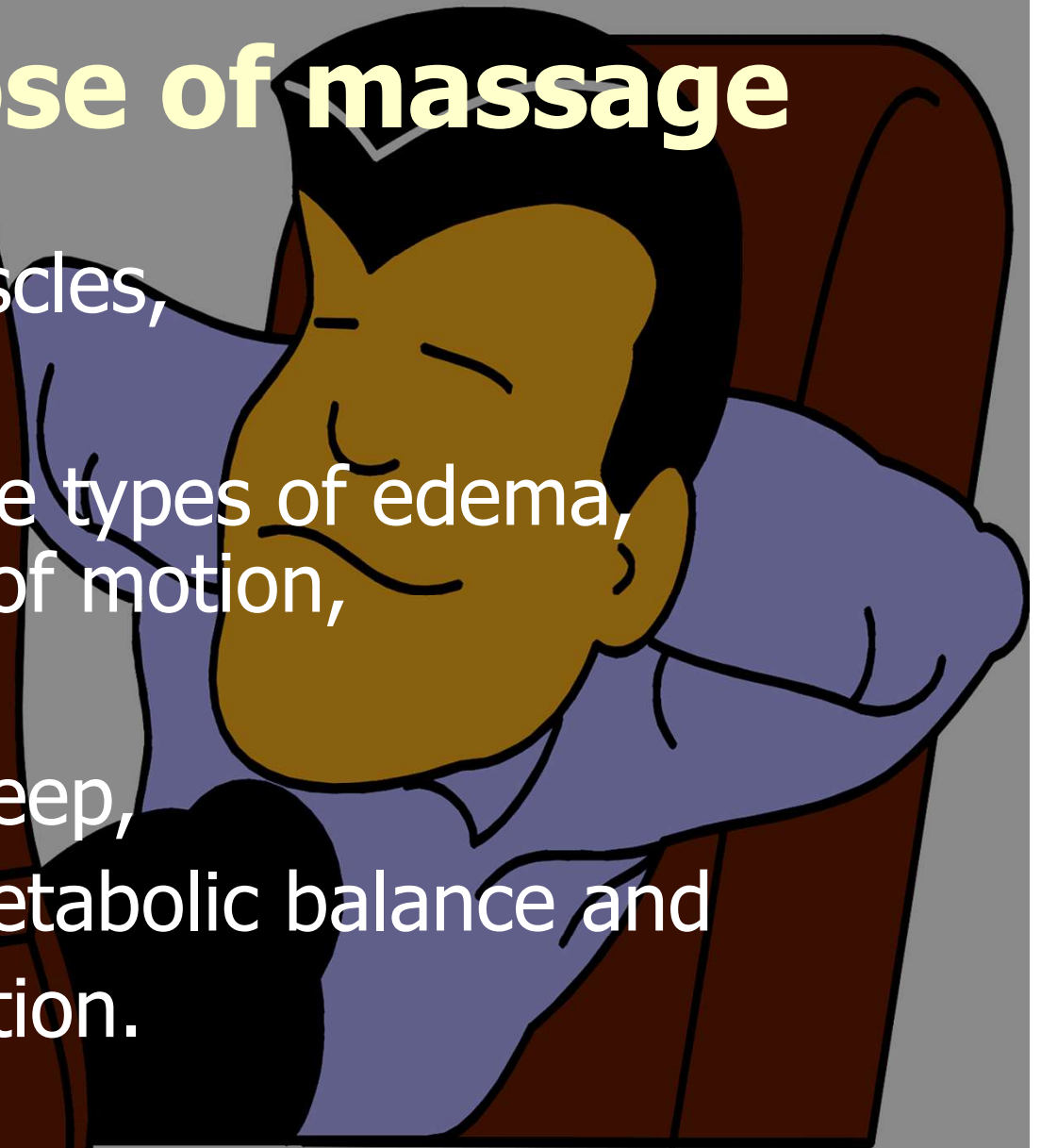
Definition:

systematic
manual or
mechanical
manipulations of
the soft tissues
of the body.



The **purpose of massage**

- relaxation of muscles,
- relief from pain,
- reduction of some types of edema, increased range of motion,
- stress reduction,
- inducement of sleep,
- Restoration of metabolic balance and
- increased circulation.



Other Beneficial Effects of Massage

- Dilates the blood vessels, improving the circulation and relieving congestion throughout the body.
- Increases the number of red blood cells especially in cases of Anemia.

- Acts as a “mechanical cleanser,” stimulating lymph circulation and hastening the elimination of
- wastes and toxic debris.
- Relaxes muscle spasm and relieves tension.

- Increases blood supply and nutrition to muscles without adding to their load of toxic lactic acid,
- produced through voluntary muscle contraction. Thus, it helps to prevent buildup of harmful “fatigue”

- products resulting from strenuous exercise or injury.
- Improves muscle tone and helps prevent or delay muscular atrophy resulting from forced inactivity.

- Can compensate, in part, for lack of exercise and muscular contraction in persons who, because of injury, illness, or age, are forced to remain inactive. In these cases, massage helps return venous blood to the heart and so eases the strain on this vital organ.
- May have a sedative, stimulating or even exhausting effect on the nervous system depending on the type and length of massage treatment given.

- According to some authorities, massage may burst the fat capsule in subcutaneous tissue so that the fat exudes and becomes absorbed. In this way massage, combined with a nutritious but calorie deficient diet, can be an aid to reducing.

- By improving the general circulation, increases nutrition of the tissues. It is accompanied or followed by an increased interchange of substances between the blood and tissue cells heightening tissue metabolism.
- Increases the excretion (via the kidneys) of fluids and waste products of protein metabolism, inorganic phosphorus and salt in normal individuals.

- Encourages the retention of nitrogen, phosphorus and sulfur necessary for tissue repair in persons convalescing from bone fractures.
- Stretches connective tissue, improves its circulation and nutrition and so breaks down or prevents the formation of adhesions and reduces the danger of fibrosis.

- Improves the circulation and nutrition of joints and hastens the elimination of harmful deposits.
- It helps lessen inflammation and swelling in joints and so alleviates pain.
- Helps to reduce edema (or dropsy) of the extremities.

- Disperses the edema following injury to ligaments and tendons, lessens pain and facilitates movement.
- Helps babies mental development. Slow strokes on a baby's back and legs helps it to relax while light strokes on its face, belly or feet tend to stimulate.
- Makes you feel good.

**Conditions
relieved by
massage:**

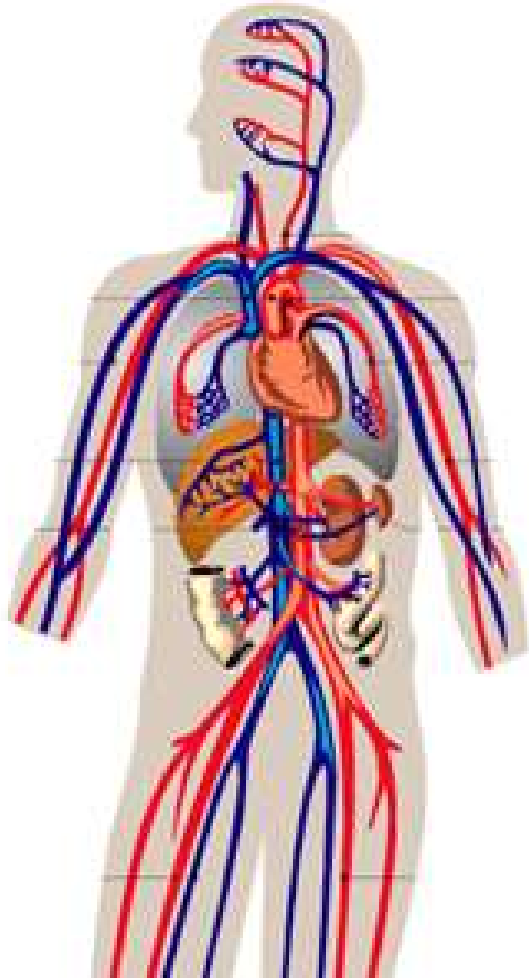
- Stress and tensions.
- Mental and physical fatigue.
- Pain in the shoulders, neck, and back.
- Muscles and joints become more supple.
- Muscle soreness from overexertion can be reduced or prevented

- Circulation is improved, improving skin tone.
- Digestion, assimilation, and elimination are often improved.
- Facial massage tones the skin, helps prevent blemished skin.
- Headache and eyestrain.
- Deep relaxation is induced and insomnia relieved.
- Muscular spasms are relieved.

- Obesity and flabby muscles can be improved when combined with proper exercise and diet programs.
- Pain in joints, sprains, and poor circulation.
- Mental strain is reduced.
- Mildly high blood pressure is temporarily reduced.
- Joint mobility can be increased.

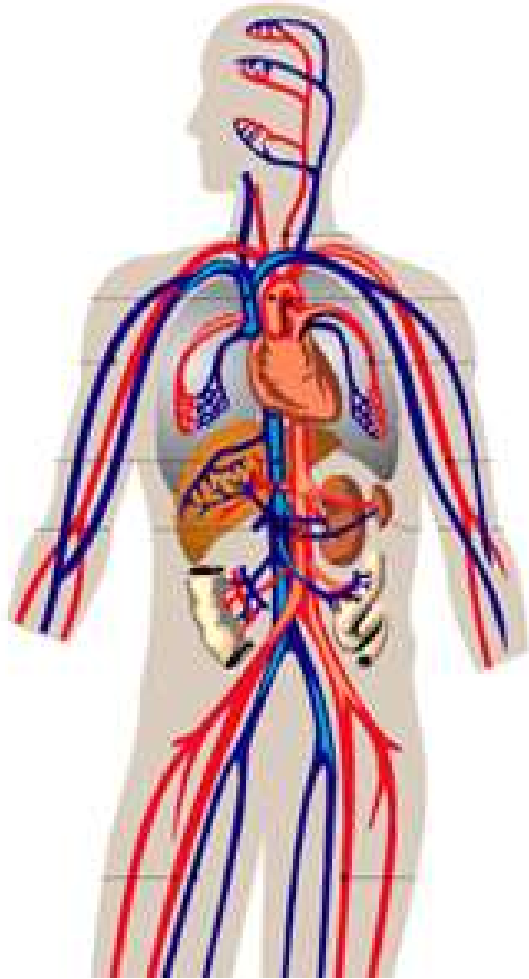
Physiological effects of massage

Blood Circulation:



- Blood passes an estimated three times more rapidly through muscles being massaged. This promotes better cellular nutrition and elimination. Massage can increase the number of red and white blood cells.
- Light stroking produces a temporary dilation of the capillaries while deep stroking brings a longer lasting dilation.
- Light percussion causes contraction of the blood vessels which relax as the movement is continued.

Blood Circulation:



- Friction hastens the flow of blood through the superficial veins, increases permeability of the capillary beds, and produces an increased flow of interstitial fluid.
- Petrissage stimulates the flow of blood through the deeper arteries and veins. Friction and petrissage aid the lymph circulation by draining the tissues of waste products.

Nervous System:

- Friction, vibration, and light percussion movements produce a stimulating effect on the nervous system.
- Gentle stroking, light friction, and petrissage produce a sedative effect.





Skin:

- Massage heightens blood circulation to the skin and increases activity of the sweat and oil glands.
- Nutrition of the skin is improved.
- The skin tends to become softer and more supple.

Muscles:

- **Nutrition and Development:** Massage encourages the nutrition and development of the muscular system by stimulating its circulation, nerve supply and cell activity.
- **Removes the Effects of Muscular Fatigue:** Because massage helps in the removal of waste products and supplies the cells with oxygen and nourishment, it can prevent and relieve stiff, sore muscles and help restore muscles fatigued by work.

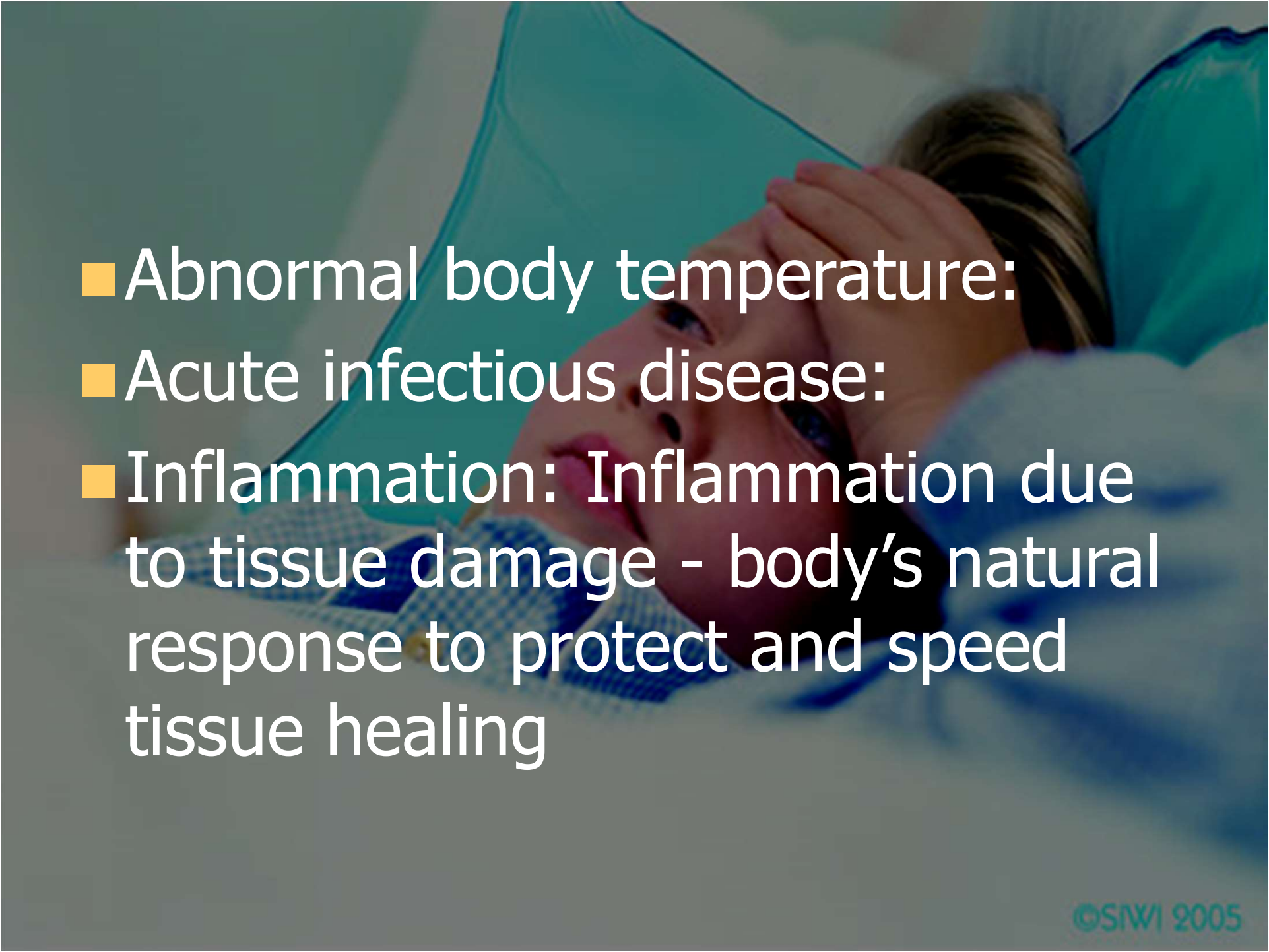


CONTRAINDICATIONS

- severe, uncontrolled hypertension
- shock
- acute pneumonia
- toxemia during pregnancy
- open wounds
- acute neuritis or arthritis



***major
contraindications***

- 
- A young child with blonde hair is lying in bed, looking unwell. Their hand is covering their face, and they appear to be resting or possibly sleeping. The background is a soft, out-of-focus blue and white, suggesting a hospital or home care setting.
- Abnormal body temperature:
 - Acute infectious disease:
 - Inflammation: Inflammation due to tissue damage - body's natural response to protect and speed tissue healing

- Osteoporosis
- Varicose veins - valves in veins break down because of back pressure in circulatory system
- Phlebitis - inflammation of a vein accompanied by pain and swelling





- Aneurysa - localized dilation of a blood vessel or an artery
- Hematoma - is a mass of blood trapped in some tissue or cavity of the body
- Edema - Excess accumulation of fluid in tissue spaces; Is a circulatory abnormality
- High blood pressure:

- Cancer - disease that can be spread through lymphatic system.
- Fatigue
- Intoxication
- Skin problems
- Hernia - a protrusion of an organ or part of an organ; ex-intestine poking through abdominal wall



- Frail elderly people:
- Scoliosis - a crooked spine
- Specific conditions or disease:
- Endangerment sites – places where major nerves, blood vessels or organs are close to skin surface

