Massage
Review Last Lecture

- Types of Assistive Devices
- Measuring Assistive Devices
- WBing status
- Ambulation vs. Gait Training
- 4 point
- 2 point
- 3 point
Types of Massage

- **Therapeutic Massage**: A systematic and scientific mobilization of the soft tissues of the body
- **Transverse Friction Massage (Cross Fiber Massage)**: usually performed on site-specific muscle or tendon
- **Myofascial Release**: a technique that applies prolonged light pressure with specific directions into the fascia system in order to relieve pain, release restrictions, etc
Types of Massage

- **Trigger Point Release (or massage):** applies concentrated finger pressure to “trigger points” to break cycles of spasm and pain.
- **Scar massage:**
Massage Therapist vs. PT/PTA

Massage Therapist:
- A massage session
- Relax the WHOLE body

PT/PTA
- A treatment that is PART of a PT session
- Medical sense
- Treating specific injury or body part
- To relax SPECIFIC tissues
Effects of Massage

- Musculoskeletal system, Integumentary system, Nervous system, mental/emotional
- Assists in venous return
- Increase circulation
- Encourages lymphatic flow
- Provides gentle stretching of tissues
- Activation of the immune system
- Decrease pain
Indications of therapeutic massage

- Reduce pain
- Reduce edema
- Increase ROM
- Prepare healthy muscles for strenuous activity
  - Or recover from it
- Mechanical, physiologic or psychological effect
Contraindications

- Acute Inflammation
- Acute injury
- Ill, fever, etc
- Open wounds
- Rashes
- Pathological condition that is spread through the circulatory/lymph system
  - Blood poisoning, cancers
- Swollen glands
- Near/over area of bleeding
- Cardiac Arrythmias (avoid ant/lat neck)
- Over areas of abnormal sensation
- Inability to communicate
Considerations

- Personal Appearance
  - Short Fingernails
    - Clear polish or unpolished
  - Minimal makeup
  - Minimal or NO colognes or perfumes
  - Neat hair, secured
  - Clean, conservative, comfortable clothing that allows for freedom of movement
Considerations

- The environment
  - Private
  - Clean
  - Warm
Considerations

- The Hands of the Clinician
  - CLEAN
    - Washed before and after each patient
    - Dry your hands!
  - No jewelry
    - This includes rings, watches, bracelets, etc
  - Short fingernails
    - Unpolished or clear polish
Proper body mechanics are ESSENTIAL
  ◦ To decrease fatigue and backache
  ◦ To promote weight shifting rather than increased muscle force production

Treatment Table
  ◦ Height…
  ◦ Firm surface: upholstered wood or metal table…no mattresses or springs
Massage Principles

- Patient Positioning
  - Solid support

- Patient Dignity
  - DO NOT UNNECESSARILY EXPOSE ANY AREA OF THE PATIENT!
  - Tight clothing should be replaced with loose fitting clothing
    - A sheet or towel must drape areas that are not being treated to maintain patient dignity
Application of therapeutic massage may be through
  ◦ Manual skills
  ◦ Equipment
    • Vibrators
    • Rollers

Media
  ◦ Used to avoid uncomfortable friction
    • Lotion: most common
    • Oil: difficult to clean up & control
    • Powder: contraindicated in patients with COPD
Massage for Relaxation

- You should position yourself so that your umbilicus is at the waistline of your patient.
- Your feet should be apart, distal leg leaning against the table & proximal leg pointing forward toward the head of the table.
- Your patient is draped with a towel so that their clothing is protected; their dignity is maintained; their hair is up and out of the way.
Massage for Relaxation

- Your patient’s back begins with the PSIS
- All massages should begin with a light touch
- Once you make contact with your patient, you must maintain contact throughout the entire massage
Massage for Relaxation

- Know your intention (different strokes have different results)
- Depth: spatial distance into the body tissue that you achieve through the amount of pressure that you apply
- Pressure: the application of force that you exert
- Excursion: length/distance of the stroke
- Speed: of the stroke
Massage for Relaxation

- Rhythm: important and affected by excursion, speed & pressure
- Continuity: continuous movements & uninterrupted
- Duration: of each stroke & of the treatment
- 2 primary types of strokes for relaxation
  - Effluerage
  - Petrissage
Effleurage

- Light stroke that uses the entire hand
- Broad rhythmic circular motions
- Familiarizes the clinician with the overall tone of the patient
- Distributes the media
- Beginning and ending strokes for treatment
Petrissage

- More vigorous than effleurage
- Deeper, covering a smaller surface area
- Produces an erythema
- Performed origin to insertion
- The hand still moves over, but with the underlying tissue
Kneading

- Moving the soft tissue into each other in circular rhythmic patterns
  - Significant erythema
  - Selective to muscle with increased tone
  - Lifts the underlying tissue up
Each stroke is performed for a minimum of 10 repetitions
Start lightly and then work more deeply
Work in reverse to finish with Effleurage
Time your strokes with the patient’s breathing (apply pressure when they exhale)
Finish with effleurage
  - Use the towel to perform the last stroke & clean any residual media
  - Re-dress the patient
  - Let them rise slowly
Trigger Point Release

- Heat up the tissue
- 60–90 seconds direct pressure
- Stretch the tissue

- Repeat 3 times

- ice
Deep Friction Massage

- Technique developed by James Cyriax to treat inflammation of tendons, ligaments & muscle

Strained Muscle Bellies
  - Acute: (2–4 weeks) 5 minutes DFM; helps to prevent adhesions
  - Chronic (>4 weeks) 20 minutes DFM; helps to break up adhesions

Tendinitis
  - 20 minutes according to Cyriax
  - Theory of how DFM helps treat tendonitis: “breaks up” adhesions allowing for equal stress along the tendon during muscle contraction
7 rules of Deep Friction Massage

1. Palpate to single out exact spot on the tissue that is at fault
2. The clinician’s fingers & patient’s skin must move simultaneously, to avoid skin injury
3. Friction must be given perpendicular (transverse) to the striations of the muscle fibers
4. Must have sufficient sweep to assure that the whole “scar” is being treated
7 rules continued

5. Friction must be given deeply, but within patient’s pain tolerance
6. Tendons should be put on stretch
7. Muscle bellies should be put on slack
Contraindications / Precautions for DFM

- Inflammation due to bacterial action
- Traumatic arthritis of the elbow
- Ossification or calcification in soft tissue
- RA
- Pressure on nerves

* list is not all-inclusive
Recap the Lecture

- Difference between massage therapist & PTA?
- Contraindications for massage?
- Effleurage
- Petrissage
- Trigger Point Release
- Deep Friction Massage
Looking Ahead

- Edema
QUESTIONS