Lesson Plan: Massage Techniques and Effects

1. Breath of Arrival
2. Howdy Partner
3. Attendance
4. Effects of Massage Therapy
5. Massage Techniques
Classroom Rules

Punctuality- everybody's time is precious:

- Be ready to learn by 9:00, we'll have you out of here by 1:30
- Tardiness: arriving late, late return after breaks, leaving early

The following are not allowed:

- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones in classrooms, clinic or bathrooms

You will receive one verbal warning, then you'll have to leave the room.
Effects of Massage Therapy (Salvo chapter 6)

“The surest sign of intelligence is an open mind.”
–Mark Twain
How Massage Therapy Works

Mechanical effects

Physiological effects

Psychological effects
How Massage Therapy Works

**Mechanical effects**  Massage effect category based on manual manipulation of soft tissue. Serves to push blood into and out of the tissue, create changes in muscle fibers, and move food through the digestive system. These effects results from:

Squeezing, compressing, pushing, pulling, rubbing and stretching.
How Massage Therapy Works

**Physiologic effects**  Massage effect category based on a direct result of mechanical and psychological effects. These effects can be measured objectively. These effects include changes in:

- Blood pressure and __________ muscle fiber structure.
- Hormone and neurotransmitter levels.
How Massage Therapy Works

**Psychologic effects**  Massage effect category that can be measured subjectively, through the use of questionnaires, surveys, and interviews. These effects include:

- Tempered anxiety and _____stress____ levels.
- Improved well-being, and promotes a mind-body connection.
- Useful in treating hyperactivity disorders.
- Helpful in treating victims of violence and abuse.
  (with proper training for the therapist)
Response Moment

**Mechanical effects**  Manual manipulation. Change muscle, move blood and food.

**Physiologic effects**  Reactions to mechanical and psychologic effects. Change blood pressure, muscle structure, hormone and neurotransmitter levels.

**Psychologic effects**  Measured subjectively. Temper anxiety and stress, improve well-being, and promote a mind-body connection.
Specific Systems  A&P classes will address how massage affects each system.
How Massage Therapy Affects Specific Structures and Systems

Whole Body Effects  (Not isolated to one tissue type or system)

Effects of massage on pain and fatigue:

• Massage has long been used for pain from a wide variety of causes.
• How massage influences pain depends on type and source.
• Massage improves sleep and overall well-being, reducing fatigue.
Massage Therapy:
Indications for Specific Conditions and Populations

Self Study, pages 100-101
Effects of Massage Therapy (Salvo chapter 6)

“The surest sign of intelligence is an open mind.”
– Mark Twain
Massage Techniques (Salvo Chapter 8)

“When the only tool you have is a hammer, every problem looks like a nail.”
—Albert Einstein
Introduction

Massage therapy is manual and scientific manipulation of the soft tissues of the body for the purpose of establishing and maintaining good health and promoting wellness. It involves techniques to accomplish the client's goals, established through treatment planning.

We begin our studies of massage therapy with Swedish massage.
Qualities of Massage Application

The effects that result from applying the same techniques will vary, according to variations in the following qualities:

- Intention
- Touch
- Depth of pressure
- Direction of pressure
- Excursion
- Speed
- Rhythm
- Continuity
- Frequency
- Duration
- Sequence
Qualities of Massage Application

**Intention**  Consciously sought goal. Defines the purpose of the session.
Qualities of Massage Application

**Touch**  Not casual. Full of meaning and intention.
Qualities of Massage Application

Depth of pressure  Application of manual forces to the body surface.
Qualities of Massage Application

**Direction of pressure**  Chosen based on anatomy and intent of stroke.
Qualities of Massage Application

**Excursion**  Distance traveled during the length of a massage stroke.
Qualities of Massage Application

**Speed**  Rate at which massage movements are applied.
Qualities of Massage Application

**Rhythm**  Regularity of technique application.
**Qualities of Massage Application**

**Continuity**  Uninterrupted flow of strokes.
Unbroken transitions from stroke to stroke.
Qualities of Massage Application

**Frequency**  Rate at which massage strokes are repeated.
Qualities of Massage Application

Duration  Length of session time. Also length of time on an area.
Qualities of Massage Application

**Sequence**  Order of massage strokes.
Massage Techniques and Their Effects

Most of the types of massage strokes (with exception of friction and tapotement) are relaxing when done slowly, stimulating when done rapidly, and increase blood flow.
Several (effleurage, petrissage and friction) promote absorption of inflammatory byproducts in injury. Each has one or more unique effects as well, as noted below:

- Effleurage
- Petrissage
- Friction
- Compression
- Tapotement
- Vibration
Massage Techniques and Their Effects

**Effleurage (gliding)** Application of gliding movements that are ___repeated___, and follow the _____ contour ______of the body. Helps client and therapist become mutually accustomed to touch, and provides continuity in transitions between other techniques.
Pettrissage (kneading) Lifting soft tissues vertically, and then compressing and releasing them. The compression is accomplished by either squeezing or rolling the tissues before releasing, using rhythmic alternating pressures. Reduces muscle soreness and improves range of motion.
**Massage Techniques and Their Effects**

**Friction**  Rubbing one surface over another in several directions. Can be applied **superficially**, with hands gliding over the skin, or **deeply**, while moving skin across underlying tissue layers. Superficial friction warms the skin and superficial layers of soft tissue. Deep friction may reduce post-traumatic scar tissue and adhesions.
Compression  Non-gliding technique of sustained pressure or a sequence of rhythmic alternating pressures. Increases localized blood flow and improves range of motion.
Tapotement (percussion)  Repetitive staccato ______striking_______ movements of the hands, moving either simultaneously or alternately. Movements may be rhythmic or arrhythmic. May be delivered with the ulnar surface of the hand, loosely closed fist, tips or flats of the fingers, open or cupped palm, or knuckles. Reduces pain, loosens and mobilizes phlegm in the lungs.
Massage Techniques and Their Effects

**Vibration**  Shaking, quivering, trembling or rocking movements, applied with the fingers, full hand, or appliance. May facilitate muscle contraction.
Massage Techniques  (Salvo Chapter 8)

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–Albert Einstein