

## 4a Swedish: Effects of Massage Therapy & Massage Techniques





# 4a Swedish:

## Effects of Massage Therapy & Massage Techniques Class Outline

5 minutes	Attendance, Breath of Arrival, and Reminders
10 minutes	Lecture: AOIs of the rhomboids and triceps
5 minutes	Active study skills for AOIs of new muscles
25 minutes	Lecture: Effects and Techniques of Massage
15 minutes	Active study skills: Effects and Techniques of Massage
60 minutes	Total



# 4a Swedish:

## Effects of Massage Therapy & Massage Techniques Class Reminders

### Assignments:

- 4a Autobiography and Photo (B-4) **Due Before Class Starts Today!**
- 7a Review Questions (A: 119-130)

### Quizzes:

- 5b Kinesiology Quiz (A: 73 and 75-80)
  - 25 multiple-choice questions in 20 minutes
  - Study terms on page A-51 and
  - AOIs for deltoid, traps, lats, teres major, rhomboids, triceps, and erectors

### Preparation for upcoming classes:

- 5a A&P: Introduction to the Human Body - Cells
  - Trail Guide: erector spinae group
  - Salvo: Pages 384-391
  - Packet E: 1-6
  - Packet A-128
- 5b Kinesiology: AOIs - Posterior Upper Body
  - AOIs for deltoid, traps, lats, teres major, rhomboids, triceps, and erectors



# Classroom Rules

**Punctuality** - everybody's time is precious

- Be ready to learn at the start of class; we'll have you out of here on time
- Tardiness: arriving late, returning late after breaks, leaving during class, leaving early

**The following are not allowed:**

- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

*You will receive one verbal warning, then you'll have to leave the room.*

# Classroom Rules

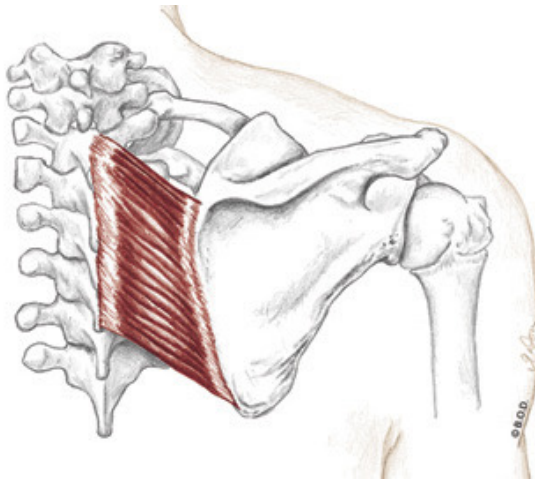
## Cell Phones – Turn it off!



And put it away!

# Rhomboid Major and Minor

## Trail Guide, Page 82

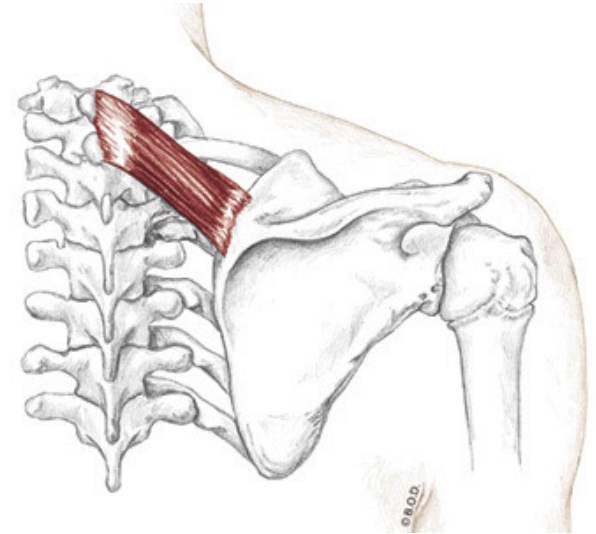


Posterior View

The rhomboids are named for their geometric shape.

A rhombus is a parallelogram with oblique angles and only the opposite sides are of equal length.

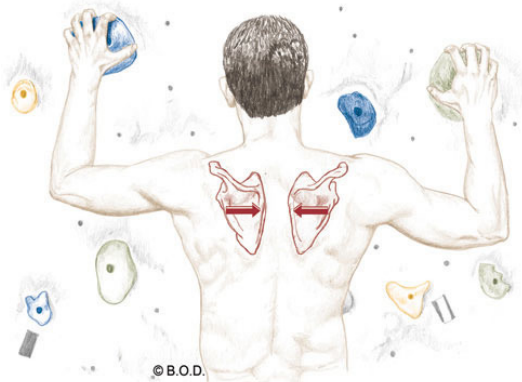
They are located between the scapula and the vertebral column.



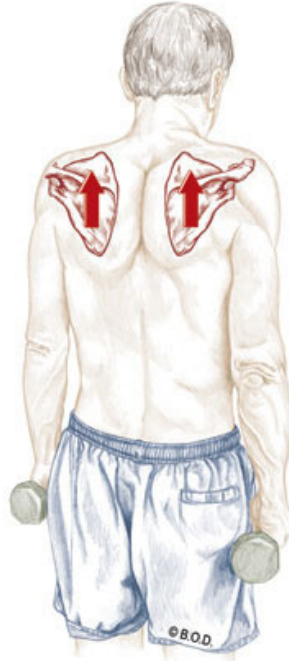
Posterior View

When do you use your rhomboids?

# Actions of the rhomboids



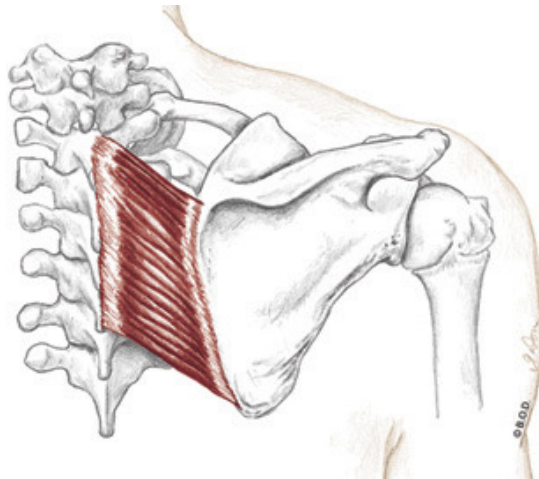
Scapulothoracic  
adduction



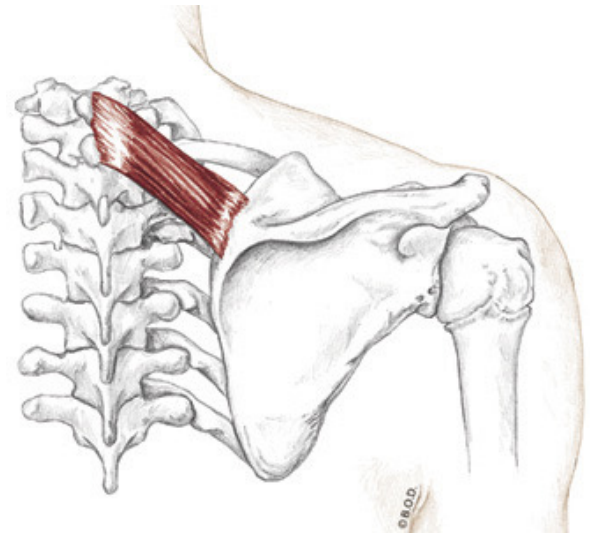
Scapulothoracic  
elevation



Scapulothoracic  
downward rotation



Rhomboid major  
Posterior View



Rhomboid minor  
Posterior View

# Rhomboid Major and Minor

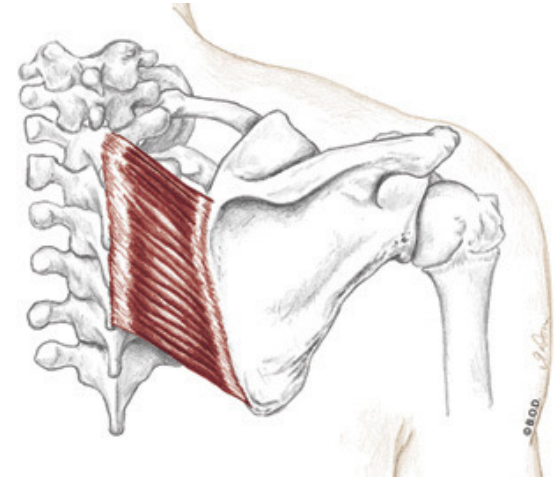
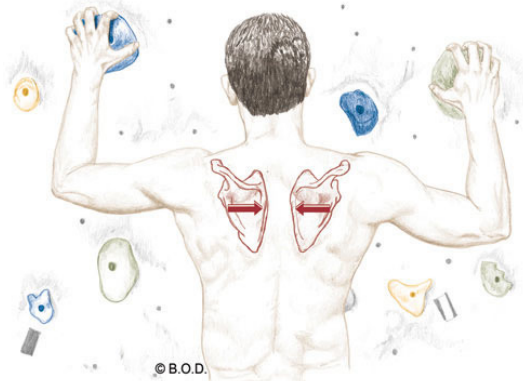
- A** **Adduct** the scapula (scapulothoracic joint)  
**Elevate** the scapula (S/T joint)  
**Downwardly rotate** the scapula (S/T joint)

- O** *Major:*  
Spinous process of T2 to T5

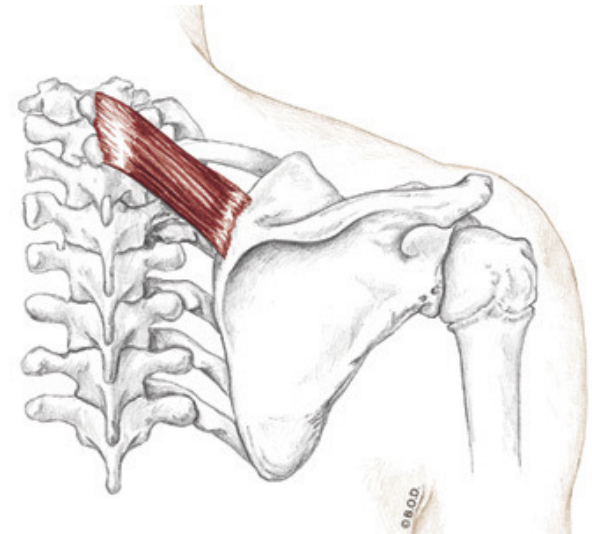
*Minor:*  
Spinous process of C7 and T1

- I** *Major:*  
Medial border of the scapula between the spine of the scapula and inferior angle

*Minor:*  
Upper portion of medial border of the scapula, across from the spine of the scapula



Posterior View





# Rhomboid Major and Minor

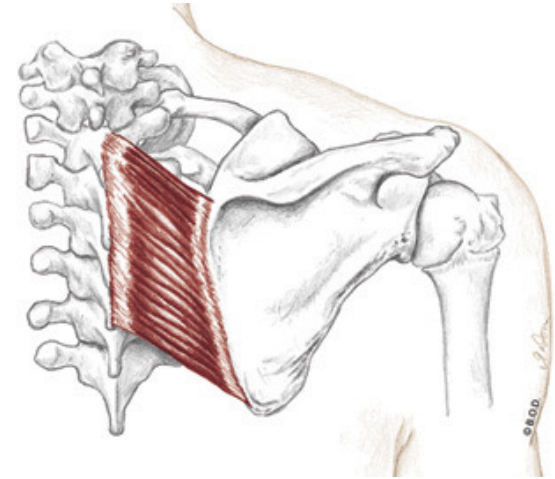
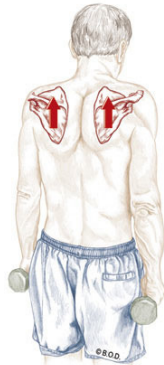
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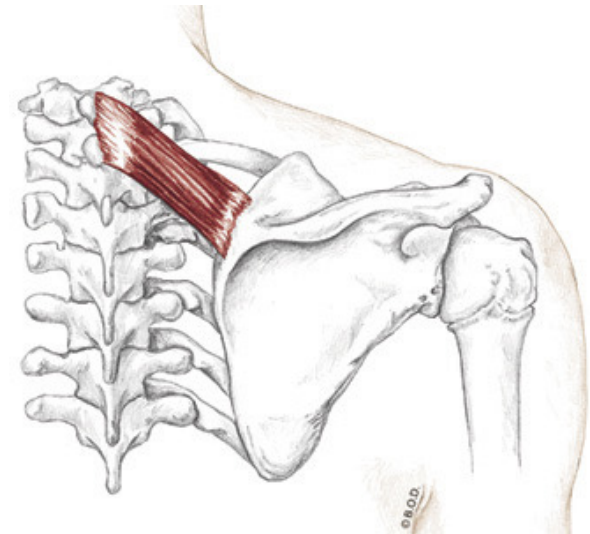
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Posterior View



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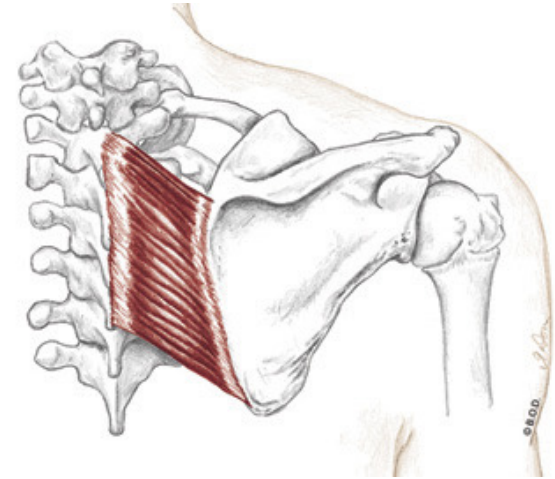
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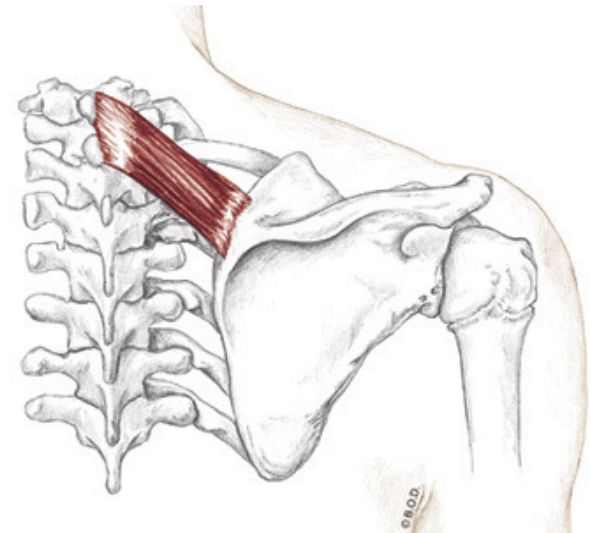
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Posterior View



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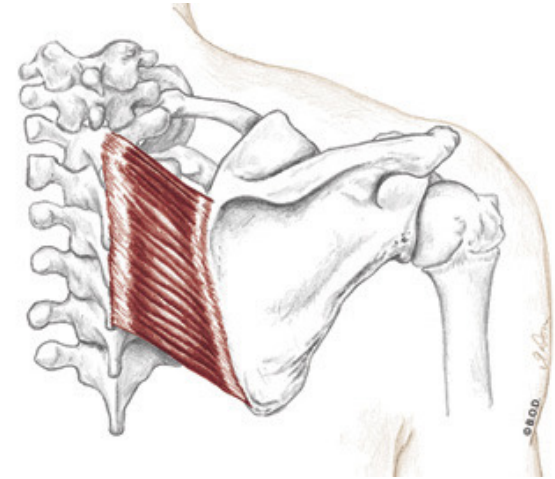
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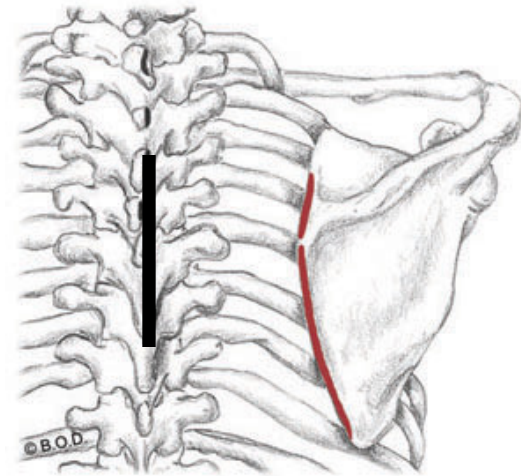
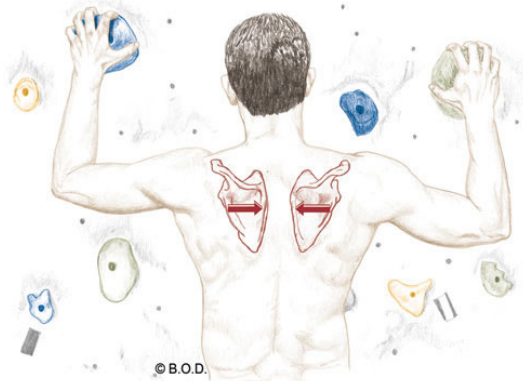
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Posterior View



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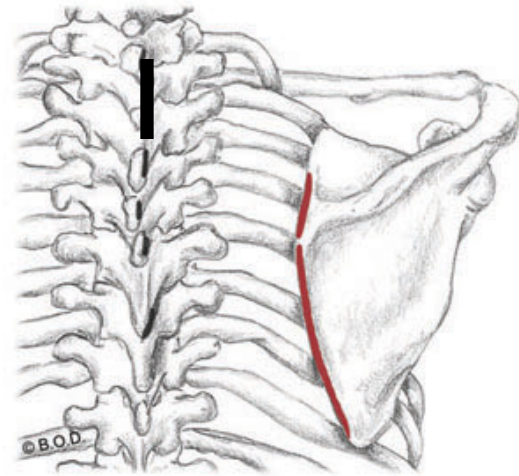
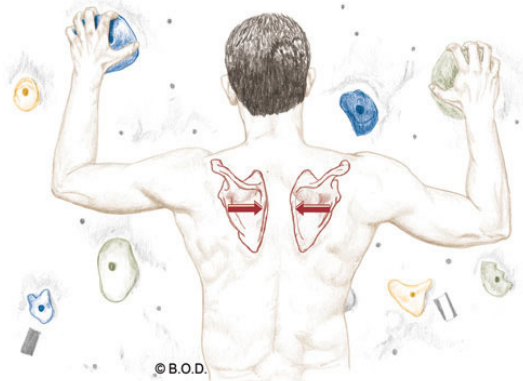
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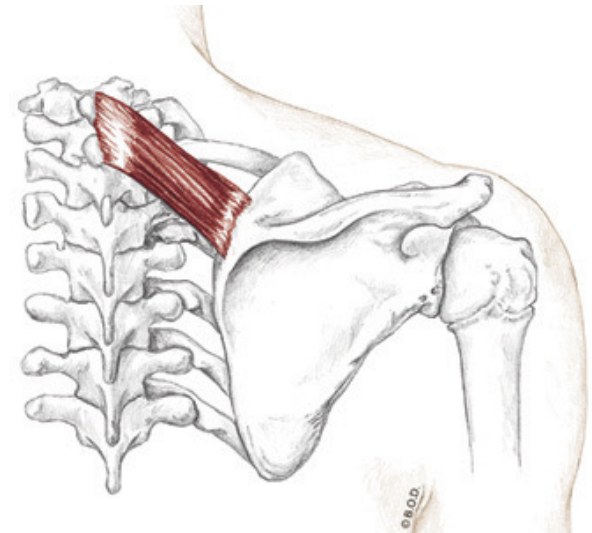
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Posterior View





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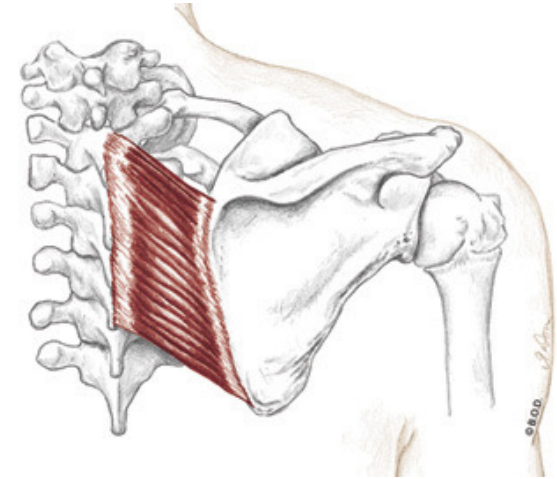
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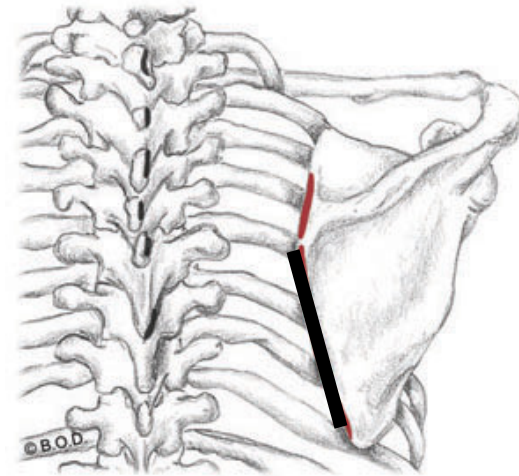
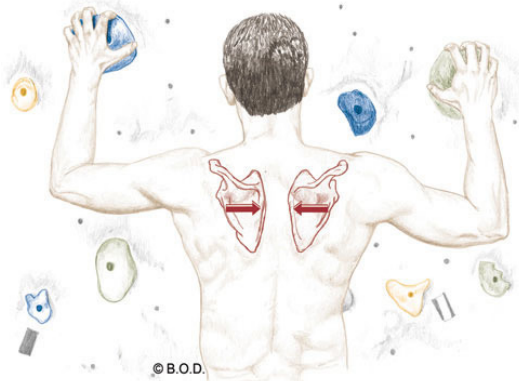
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Posterior View



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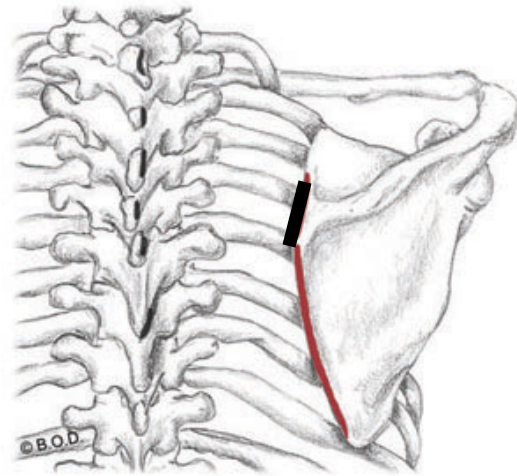
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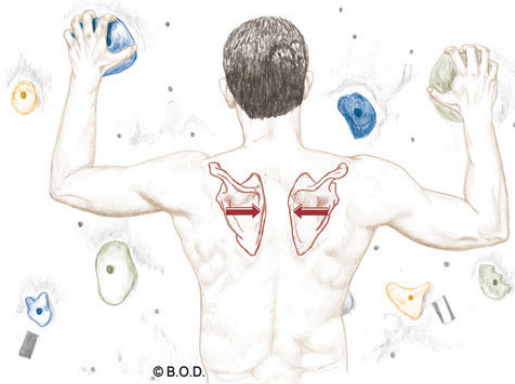
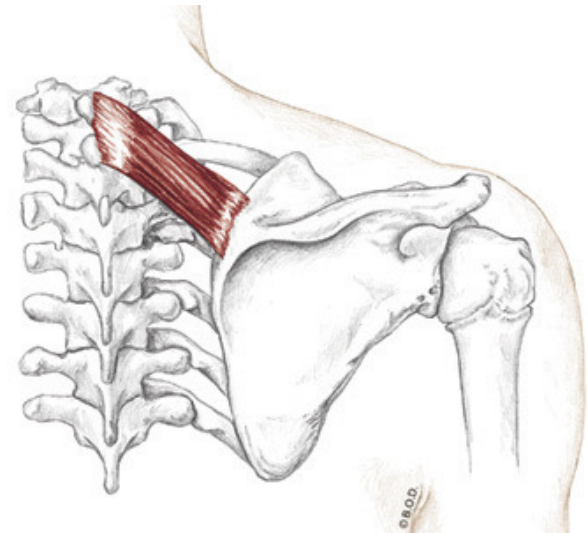
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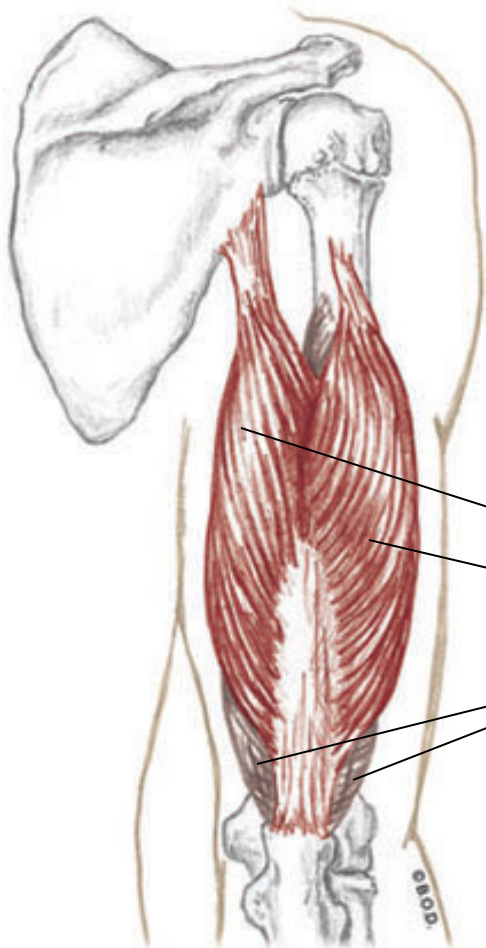


Posterior View



# Triceps Brachii

## Trail Guide, Page 97



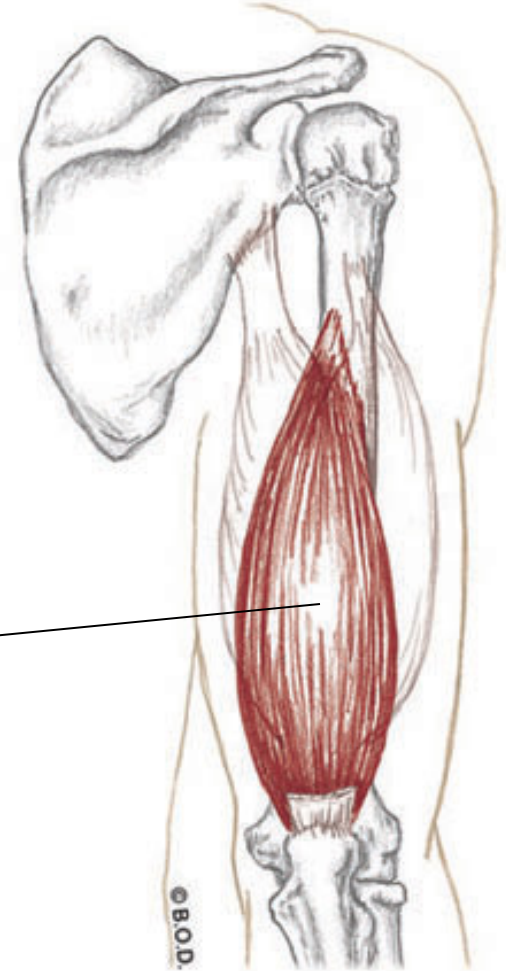
Posterior View

Triceps brachii is the only muscle located on the posterior arm.

The name means “three-headed muscle of the arm”.

The three muscle bellies are:

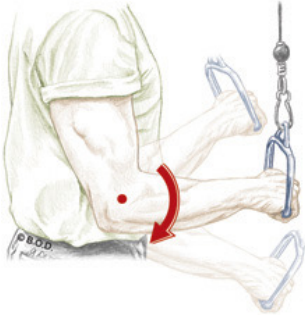
- Long head
- Lateral head
- Medial head



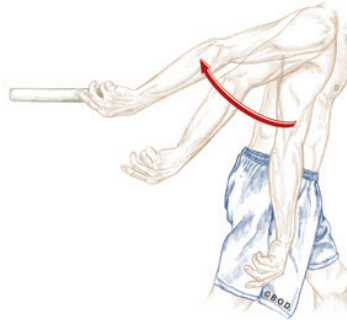
Posterior View

When do you use your triceps brachii?

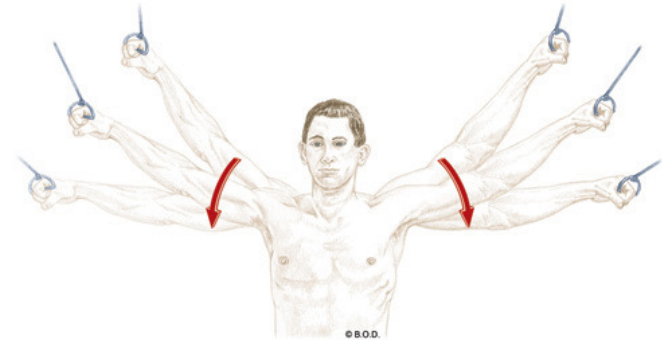
# Actions of the triceps brachii



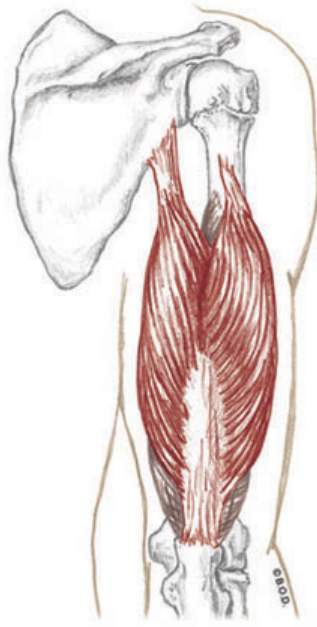
Humeroulnar extension



Glenohumeral extension



Glenohumeral adduction



Posterior View



# Triceps brachii

**A** *All heads:*  
**Extend** the elbow (humeroulnar joint)

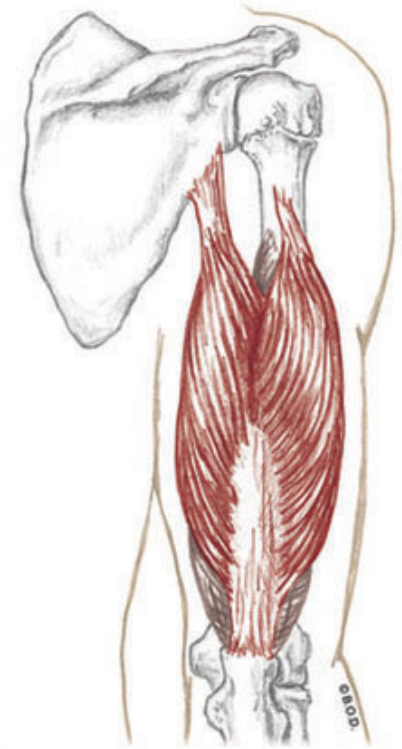
*Long head:*  
**Extend** the shoulder (glenohumeral joint)  
**Adduct** the shoulder (G/H joint)

**O** *Long head:*  
Infraglenoid tubercle of the scapula

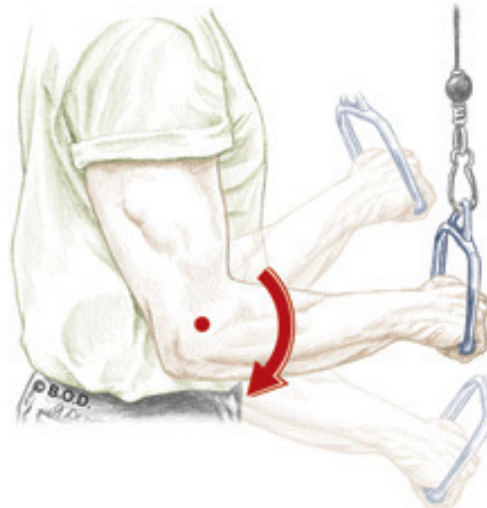
*Lateral head:*  
Posterior surface of proximal half  
of the humerus

*Medial head:*  
Posterior surface of distal half  
of the humerus

**I** Olecranon process of the ulna



Posterior View



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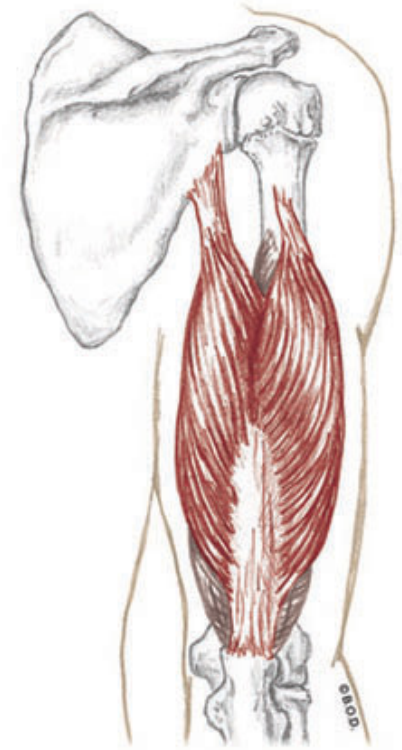
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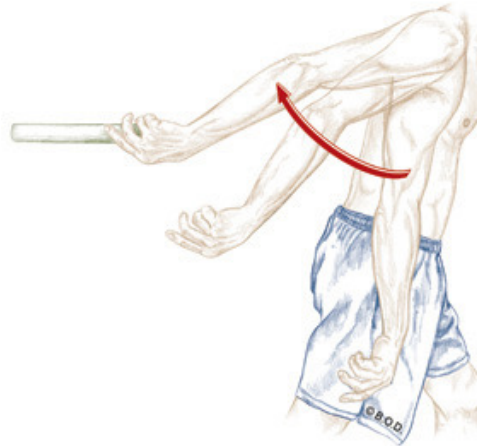
*Medial head:*

Posterior surface of distal half  
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Posterior View



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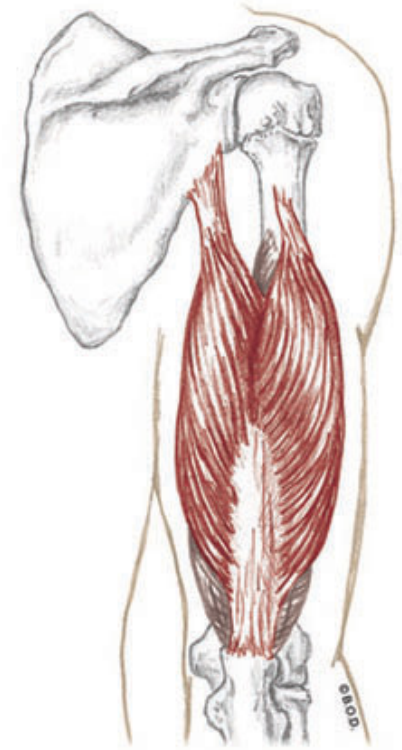
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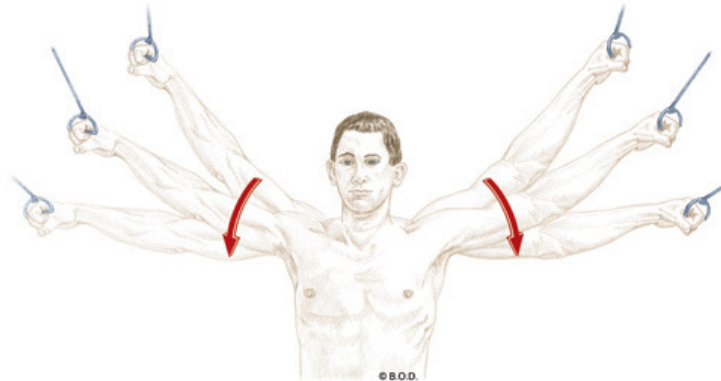
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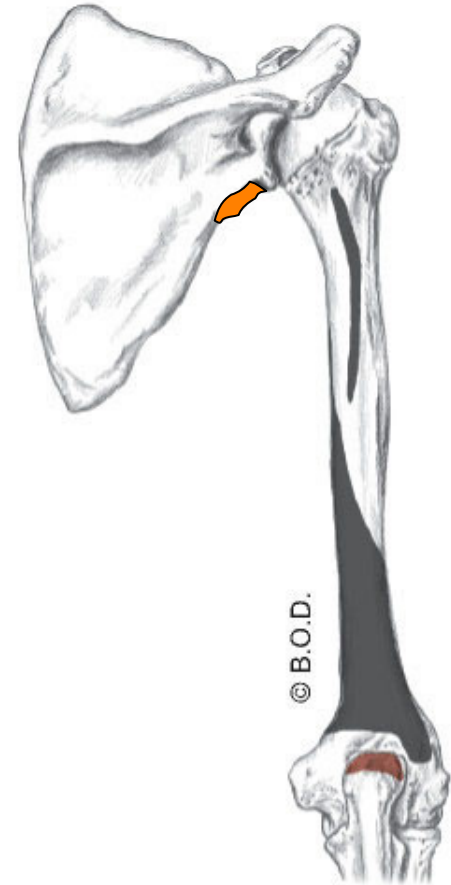
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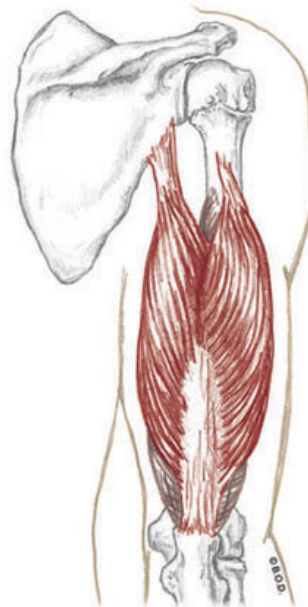
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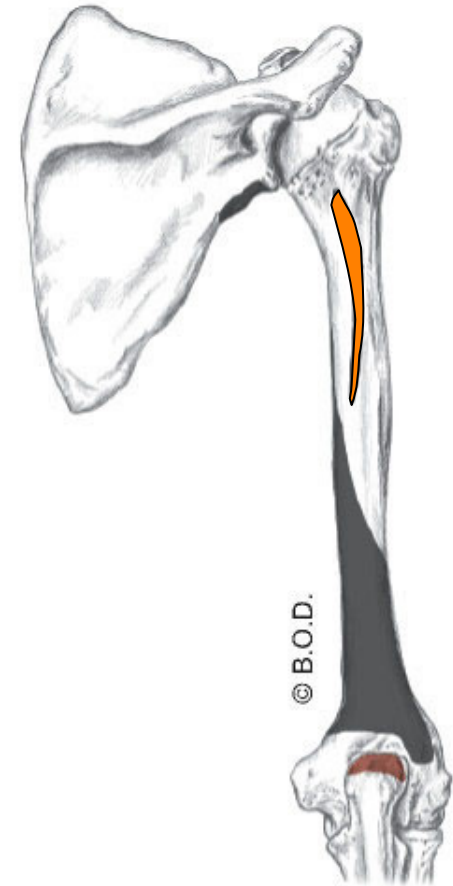
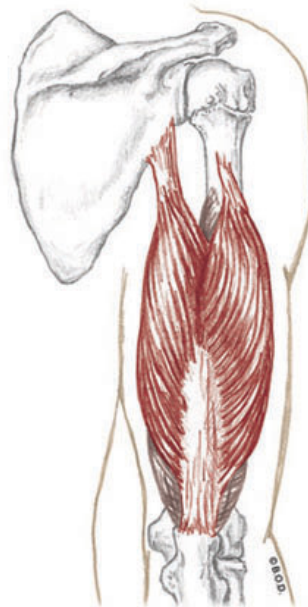
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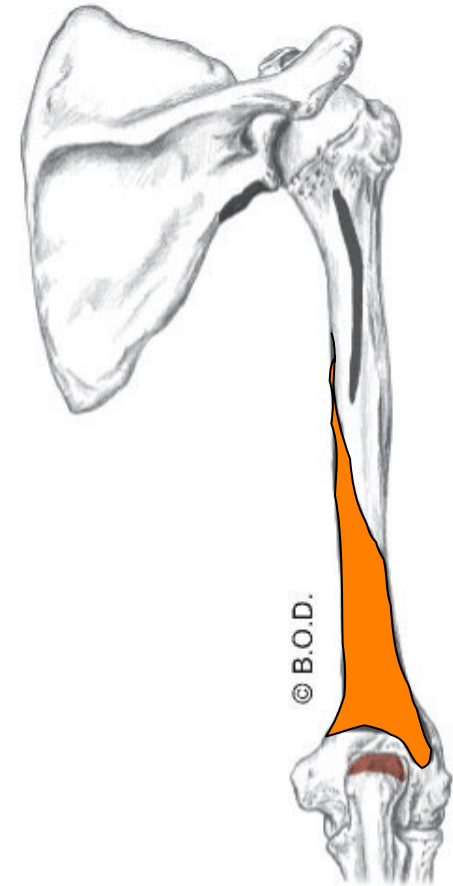
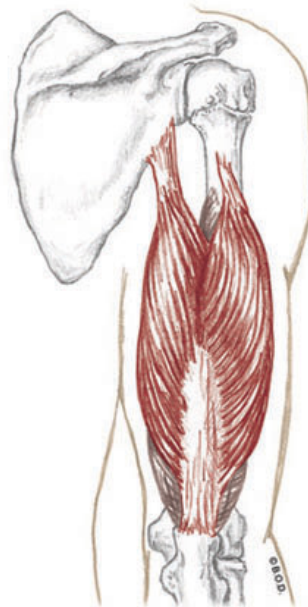
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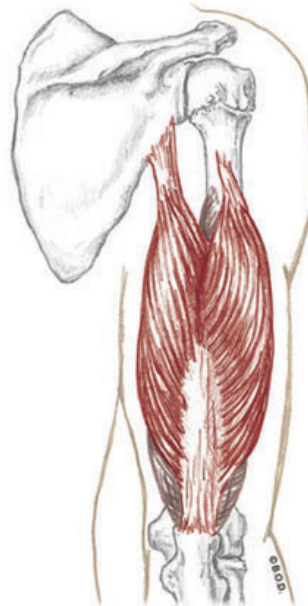
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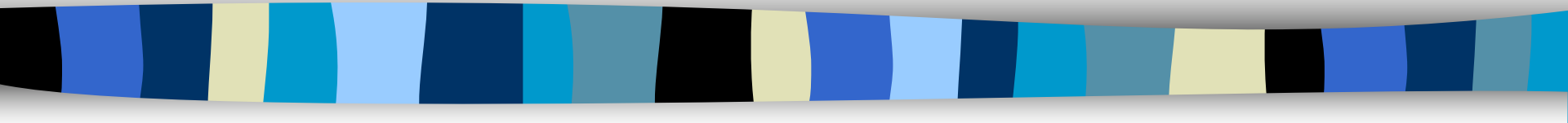


Posterior View

# 4a Swedish:

## Effects of Massage Therapy & Massage Techniques

### F-25





# 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.

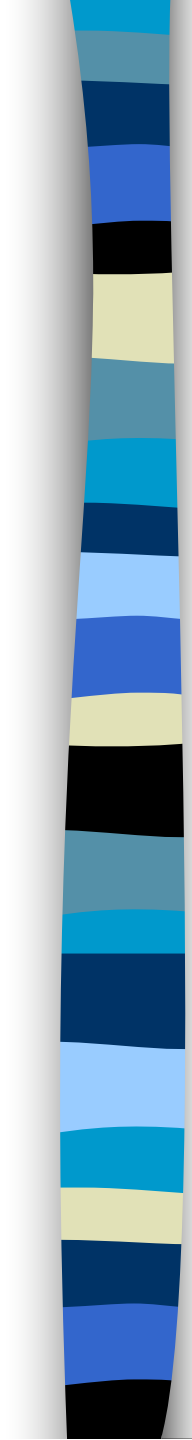




# How Massage Therapy Works

**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 (explain these to your partner in your own words)

**Mechanical effects**

**Physiologic effects**

**Psychologic effects**



## 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.



# How Massage Therapy Affects Specific Structures and Systems

Specific Systems A&P classes will address how massage affects each system.



# Introduction

**Massage therapy** 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.



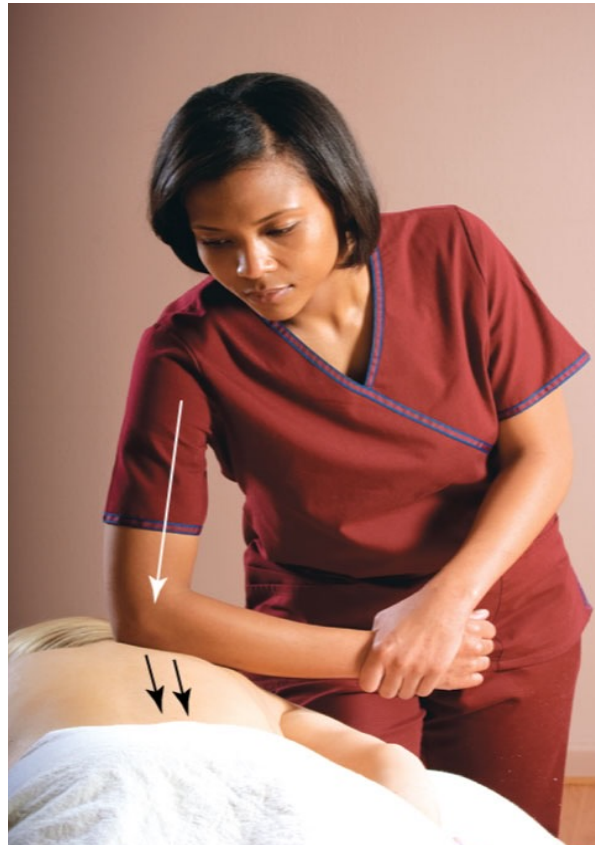
# Qualities of Massage Application

**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

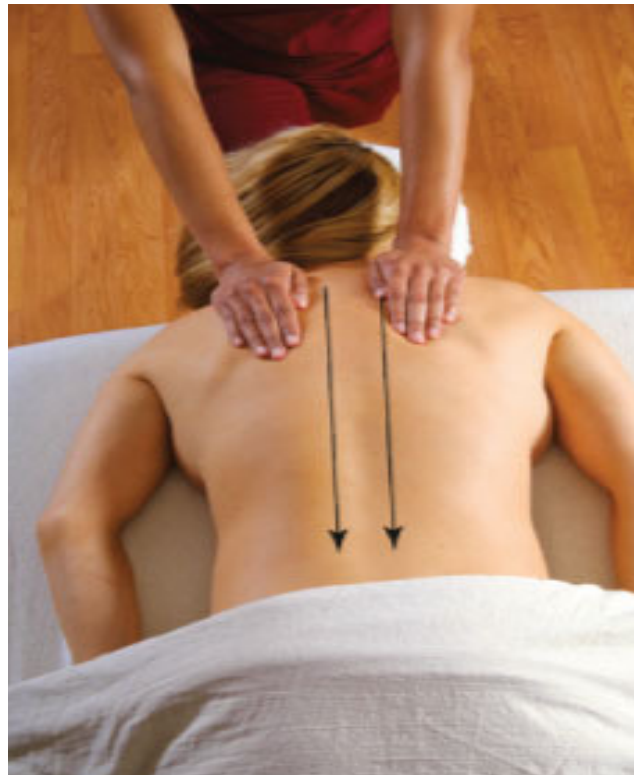
**Rhythm** Regular application of technique is rhythmic.





# 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.



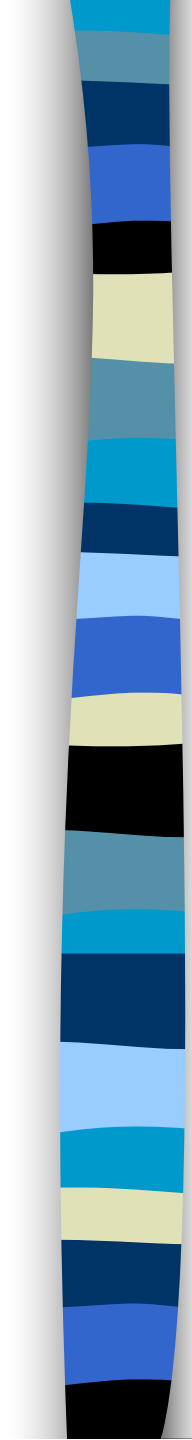


# Massage Techniques and Their Effects

Strokes done slowly are relaxing (except friction and tapotement).

Strokes done rapidly are stimulating and increase blood flow.

Effleurage, petrissage, and friction promote absorption of inflammatory byproducts in injury.



# Response Moment (explain these to your partner in your own words)

## Definition of massage

## Qualities of massage application

Intention

Touch

Depth of pressure

Direction of pressure

Excursion

Speed

Rhythm

Continuity

Frequency

Duration

Sequence



# Response Moment

## Definition of massage

**Manual, scientific, soft tissue manipulation, wellness, client goals**

## Qualities of massage application

**Intention** Being conscious of our meaning and purpose.

**Touch** Meaningful, not casual.

**Depth of pressure** Applying manual forces to the body.

**Direction of pressure** Based on the anatomy and intention.

**Excursion** Distance traveled.

**Speed** Rate of application.

**Rhythm** Regularity of application.

**Continuity** Uninterrupted flow of strokes

**Frequency** Rate that strokes are repeated.

**Duration** Length of session time or area.

**Sequence** Order of strokes.



# Massage Techniques and Their Effects

**Effleurage (AKA: 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.



# Massage Techniques and Their Effects

**Petrissage (AKA: 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.



# Massage Techniques and Their Effects

**Compression** Non-gliding technique of sustained \_\_\_\_\_ pressure \_\_\_\_\_ or a sequence of rhythmic alternating pressures. Increases localized blood flow and improves range of motion.



# Massage Techniques and Their Effects

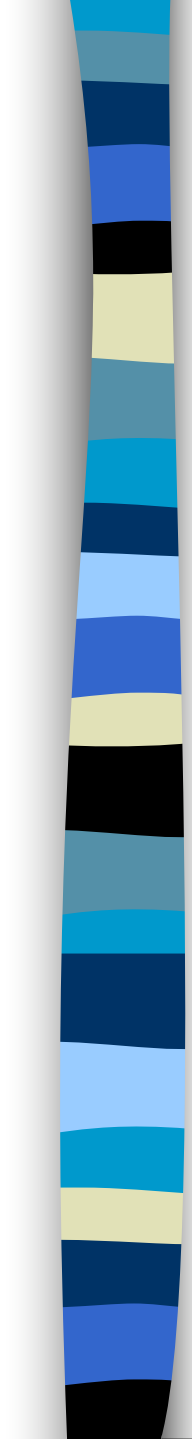
**Tapotement (AKA: percussion)** Repetitive staccato striking movements of the hands, moving either simultaneously or alternately. May be delivered with the ulnar surface of the hand, loosely closed fist, tips or flats of the fingers, open or cupped palm, or knuckles. Reduces pain, loosens and mobilizes phlegm in the lungs.



# Massage Techniques and Their Effects

**Vibration** Shaking, quivering, trembling or rocking movements, applied with the fingers, full hand, or appliance.





## Response Moment (explain these to your partner in your own words)

Effleurage

Petrissage

Friction

Compression

Tapotement

Vibration





## Response Moment

**Effleurage** Gliding, follows the contour, warming, relaxing.

**Petrissage** Kneading, LIFT-SQUEEZE-RELEASE. Muscle soreness.

**Friction** Superficial warms. Deep reduces adhesions and matures scar tissue.

**Compression** Non-gliding. Sustained pressure. Increased local blood flow.

**Tapotement** Rhythmic striking. Hacking, pounding, slapping, tapping, cupping.

**Vibration** Shaking, jostling. Relaxation and pain relief.

# 4a Swedish: Effects of Massage Therapy & Massage Techniques

