

**GOVT. DEGREE COLLEGE**

**SANGRAH**

**PHYSICAL EDUCATION  
SPORTS MEDICINE, PHYSIOTHERAPY AND  
REHABILITATION**

2<sup>ND</sup> YEAR. PED (203)TH

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# MASSAGE

- *Introduction*

- Massage is the systemic rubbing and manipulation of different part of the body for the therapeutic benefits.
- It is one of the oldest forms of healing technique.
- The word Massage is a derivation from the Greek **massein**, or the French **masser**, which both mean: to knead
- A male operator is called a **masseur**, a female operator, a **masseuse**

# DEFINITION

- Massage is the manual manipulation of soft tissues and includes holding, causing movement, and/or applying pressure to muscles, tendons, ligaments and fascia.
- Massage is a scientific treatment, by certain passive systematic manipulations, upon the nude skin of the human body.

# Classification of techniques to massage

1. STROKING MANIPULATION
2. PRESSURE MANIPULATION
3. PERCUSSION MANIPULATION / TAPOTMENT
4. SHAKING MANIPULATION

# METHODOLOGY OF MASSAGE

- **STROKING MANIPULATIONS**

- **Effleurage** : always performed in a centripetal direction.
- **Stroking** : can follow by any direction needs contact and continuity throughout.

- **PRESSURE MANIPULATIONS**

- **Friction** : small, deep, penetrating movements performed in a circular direction.
- **Kneading** : type - thumb, elbow, finger tip, finger pad, heel pad.
- **Ironing** : one hand reinforces the other to get the maximum depth.
- **Picking up** : press muscle, squeezed and relaxed.
- **Rolling** : lift up the skin & then moves keeping a roll of skin

# METHODOLOGY OF MASSAGE

- **PERCUSSION MANIPULATIONS --**

*Hacking* : Elbow flexes and wrist extended. like a " karate "

*Clapping* : Hands & fingers are cupped. Must use towel to avoid pain.

*Beating* : use anterior aspect of middle phalanges.

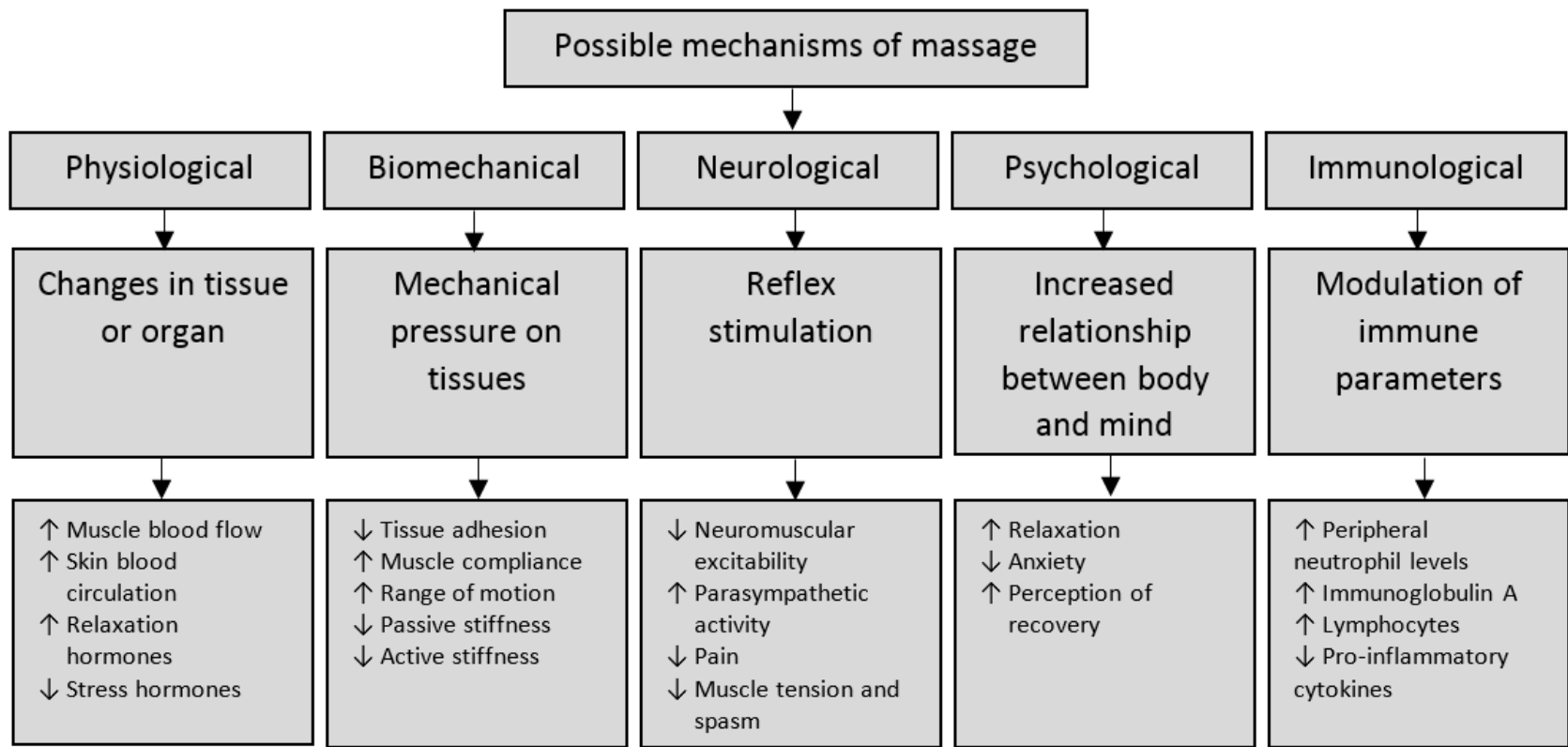
*Pounding* : Use ulnar border.

**-- SHAKING MANIPULATIONS --**

*Vibrations* : place hand over the other & fine shaking by ulnar & radial deviation.

*Shaking* : give traction and shaking the end of limb


# MACHANISM OF MASSAGE



# Physiological Benefits of massage

1. Decreases muscular deterioration
2. Increase the no. of red blood corpuscles immediately after general massage. RBC increases by 3 to 7 % while WBC increases by 40 to 80% help to strengthen the immune system
3. Increases blood flow to the muscles
4. Massage profoundly effects the general and local circulation, depending upon the mode and area of application.
5. Increased lymph movement in the vessels. The circulation of lymphatic fluids plays a key role in getting rid off the wastes, toxins and pathogens from the body.
6. It promotes the growth of bones and ligaments and improves blood circulation to the bones.



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- . The reflex influence of massage acts as a tonic for the heart, while the dilatation of the vessels decreases the resistance so that the heart acts more freely and efficiently in performing its functions.
  - 8. Increases cellular respiration thus aid in improving the metabolism.
  - 9. Encourages the detoxification action of the Liver.
  - 10. Releases endorphins which are the hormones that acts as the body's natural pain killers.
  - 11. Massage deepens respiration and improves lung capacity by relaxing any tightness in the respiratory muscles.
  - 12. Decreases the release of stress hormones in the body and promotes the release of relaxation hormones.
  - 13. Increased production of sweat from the sweat glands, helping to excrete urea and waste products through the skin

# Contraindication

- Fever
- Open wounds and cuts
- Malignant tumors
- Fracture
- Thrombosis
- Gangrene
- Immediately after surgery