


A cartoon illustration of a dog standing in a doorway labeled "PHYSICAL THERAPY". A man in a lab coat stands behind the dog. The dog is looking back at the man. The man says, "We do not do belly rubs, if that's what you are looking for." The cartoon is signed "© United Feature Syndicate, Inc. Distributed by Universal Uclick via CartoonStock.com" and "Search ID: ban111029".

Part 1

Massage 101

Laurie Edge-Hughes,
BScPT, MAnimSt(Animal Physio)
CAFCI, CCRT

Watch these videos or take a course?



A cartoon illustration of a grey sphere with a face, looking thoughtful with its hand on its chin. Two question marks are floating above its head.

Copyright Laurie Edge-Hughes, 2014

MASSAGE 101

- Do we really need a definition?

It only seems right...


- The use of hands / fingers / elbows / machines to manipulate the soft tissues of the body...
- To aid circulation and lymph flow in normal and swollen tissues, & to remove muscle stiffness, spasm or pain & aid in relaxation.

MASSAGE 101

- MASSAGE can also be useful for
 - Stimulation of nerve & muscular structures (i.e. pre-activity)
- KINDS of MASSAGE
 - Effleurage
 - Petrissage
 - Tapotement
 - Vibration



Copyright Laurie Edge-Hughes, 2014



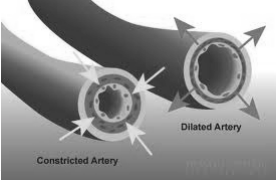
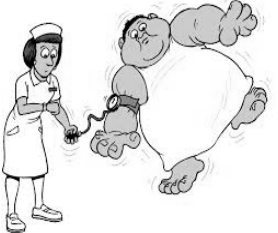
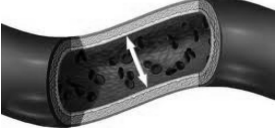
MASSAGE 101

The Neurophysiological Effects of Massage

MASSAGE 101

- NEUROPHYSIOLOGICAL EFFECTS
 -
 -
 -
 -
 - increased microcirculation
 - Can induce relaxation of muscles distal to the site being massaged

Blood pressure is the measurement of force applied to artery walls



Constricted Artery

Dilated Artery

MASSAGE 101



- NEUROPHYSIOLOGICAL EFFECTS

- Reduction of Nausea
- Weight gain in premature infants & rats!
- Optimization of digestion and promotion of nutrient assimilation




MASSAGE 101

- NEUROPHYSIOLOGICAL EFFECTS

- Increased pain tolerance
- Reduction in pain (for as long as the regimen of therapeutic massage is continued)
 - After a 4-week reprieve from massage, no pain-relieving benefits remain






MASSAGE 101

The
Neuropsychological
Effects of Massage

MASSAGE 101

- **NEUROPSYCHOLOGICAL EFFECTS**
 - Reduced anxiety
 - Reduced stress
 - Reduced depression
 - Improved mood



Copyright Laurie Edge-Hughes, 2014

MASSAGE 101



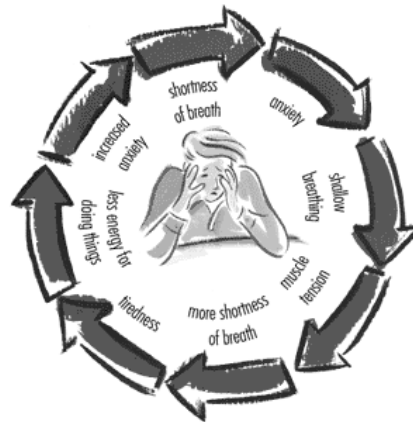
- **NEUROPSYCHOLOGICAL EFFECTS**

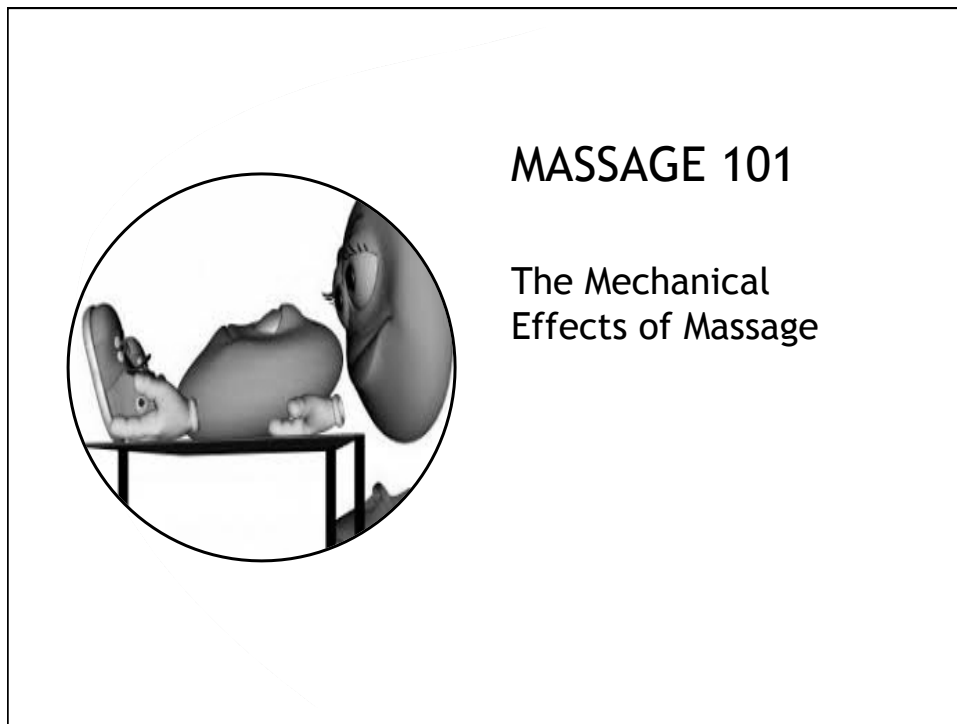
- Relaxation of mind & body
 - Improved sleep
- May have a lasting psychological anxiety-reducing effect on the child whose mother was massaged while pregnant
- May aid in quality of life in end stage palliative patients

MASSAGE 101

- **NEUROPSYCHOLOGICAL EFFECTS**



If it can reduce anxiety, stress, & depression... AND improve sleep & relaxation... What else can it help???





MASSAGE 101

- **MECHANICAL EFFECTS**
 - Aids in lymphedema drainage
 - Reduction in swelling
 - Increases skin temperature
 - 30% alleviation of delayed-onset muscle soreness
 - Reduces inflammation and promotes mitochondrial biogenesis in muscles damaged by exercise



MUSCLE SORENESS, HMM?
IT'S GOTTA BE THE HAMMS.

Copyright Laurie Edge-Hughes, 2014




MASSAGE 101

Contraindications
Precautions
Where to avoid

MASSAGE 101

- **CONTRAINDICATIONS**
 - Over skin infections of abscesses
 - Over open wounds
 - When there is fever, infection, or a respiratory problem
 - In acutely strained areas where bleeding is present
 - Over bruises / haematomas



More pics in: superfunnyimages.com

MASSAGE 101

- **PRECAUTIONS**
(positioning, stimulating areas, force)
 - Colitis / diarrhea
 - Pregnancy
 - Over areas of reduced sensation (neuro cases)
 - Over areas with poor circulation



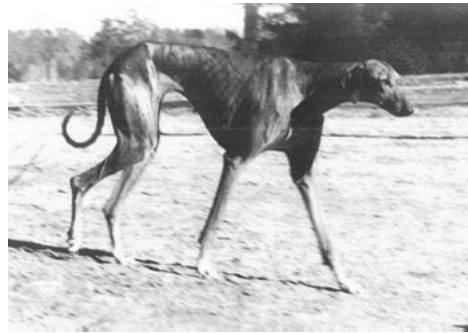
MASSAGE 101

- **PRECAUTIONS**
(positioning, stimulating areas, force)
 - On 'Bleeder-Patients'
(Von Willebrand's, long term steroid use, on anticoagulants, debilitated / open skin, or uncontrolled diabetes)
 - Over tumours / cysts
 - Over hernias
 - Near active / acute joint inflammation



MASSAGE 101

- AVOID massaging...
 - Over nerves
 - Over large blood vessels
 - Over bony prominences
 - Over organs...



MASSAGE 101

Prepare YOURSELF for Massage

Develop the ability to be calm & stay calm no matter what is going on in the environment or personal lives

Regulate your
BODY, BREATH & MIND



MASSAGE 101

- PREPARE YOUR MIND
 - What is the PURPOSE of your massage?
 - Relaxing - calming
 - Sports massage - invigorating



MASSAGE 101

- PREPARE YOUR MIND
 - MONITOR / CONTROL your thoughts:
 - Focus on the dog
 - Release thoughts about chores, friends, work, etc.
 - Create and feel the 'quiet energy' within you, and the connection between you and the dog



Copyright Laurie Edge-Hughes, 2014

MASSAGE 101

- PREPARE YOUR MIND
 - 3... 2... 1... Technique
 - (Guided meditation... try this with me now)



MASSAGE 101

- PREPARE YOUR BREATH
 - Breath should be deep into the abdomen and allow a full exhalation
 - Be relaxed and rhythmical
 - Put your hand on your abdomen to direct the air downwards as you breath



Copyright Laurie Edge-Hughes, 2014

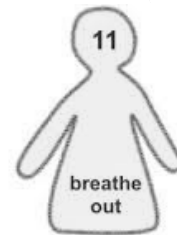
MASSAGE 101

- PREPARE YOUR BREATH

- Breath practice
- (Ah... come on, just try it with me!)



Count 1 to 7
First, count from one to seven
on each "in" breath . . .



Count 1 to 11
. . . then, counting at the same
rate, count from one to eleven
on each "out" breath

MASSAGE 101

- PREPARE YOUR BODY

- Relaxed
- Rub your hands together, stretch out your fingers, circle your wrists
- Try this!
 - Try having a negative thought while SMILING
 - Try to do a soft massage with an ANGRY FACE



MASSAGE 101

- PREPARE YOUR BODY

- Watch your back
 - If sitting: back erect, shoulders relaxed
 - If standing: feet apart with a slight bend in your knees
- Keep your head over your shoulders, tummy tight , back straight
- Don't lean. Keep your arms close to your body
- Wrists straight or strong



MASSAGE 101

- Body, Breath & Mind Video

MASSAGE 101

- Great!
 - Go practice your mind, body, breath...
 - Try using this to calm you and your patients
 - Try the mind / meditation techniques and getting to that point of calm quicker and quicker!

- NEXT video:
 - Elements of Massage
 - Setting up the Session
 - Dog 'signs'
 - Health of muscles

