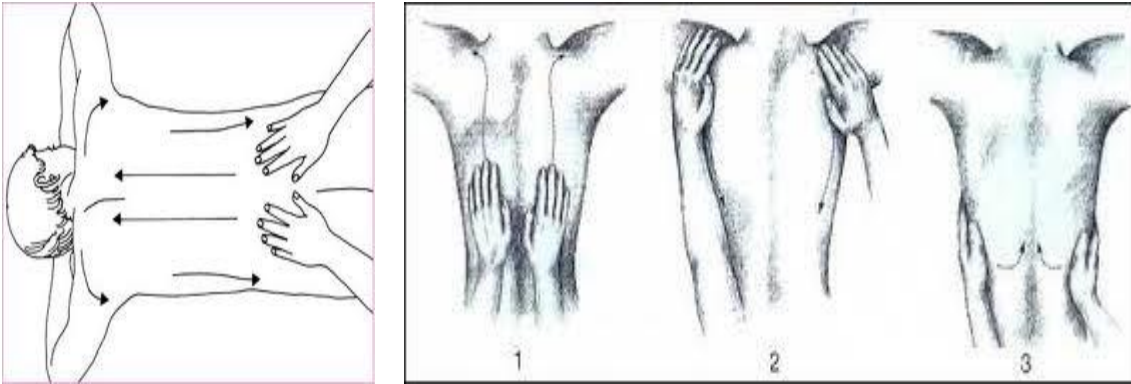


## Movements in massage

### Effleurage



Effleurage – To skim over

- Superficial Effleurage
- Deep effleurage

#### Technique

- The whole palm of the hands placed on the area being treated
- The fingers are close together
- It is a link movement. It starts the session, ends the session and is used as a link movement
- Hands must be relaxed at all stages and should mould around the area being treated
- Pressure is always toward the heart and pressure is at its greatest at the end of the stroke.
- A relaxed and gentle rhythm must be established in order to prepare the person for the movements to follow.
- Performed slowly it is soothing and relaxing
- Performed briskly it is stimulating
- You can alternate between the pressure and speed of movements to created the desired results
- The palms of the hand, the padded fingers and thumb can be used.
- At the end of the strokes the hands glide back with NO pressure
- The length of the stroke depends upon the part being treated.
- This stroke initiates each movement
- Never remove your heart from the client body between movements

#### Effects

- Promotes the flow of blood
- Increases the flow of blood
- It warms the tissue and muscles
- Improves the capillary circulation

- Has a soothing effect on the nerve endings of the skin – promoting relaxation
- This allows the patient to become accustomed to the therapists touch
- A link for all other move

#### Contra- indications

- Areas that are grossly swollen
- Over Varicose veins
- Very hairy skin / areas
- Newly healed scar tissue

### **Petrissage**

**Petrissage** means to knead. Derived from the French word “Petir” to knead. It is divided into the following movements. Petrissage can be slow, rhythmic and soothing, and a skilled application of this movement can speed absorption of fluid from the tissue by increasing lymphatic flow and soften adhesions within the soft tissue. On the other hand petrissage can be, and often is, applied more vigorously with the aim of providing a really stimulating effect to the tissue.

The muscle should be lifted and stretched gently from the bone, and by alternate squeezing and relaxation, the veins of the lymphatic vessels are emptied and filled.

- Picking up
- Skin rolling / thumb rolling – finger rolling
- Wringing / kneading
- Muscle shaking
- Kneading

It has a mechanical and reflex action on the circulation. It's main value is undoubtedly the increased blood supply to the muscles being treated with the slight rise in temperature and increase in muscle tone.

### **TECHNIQUES**

#### **Picking-up**

The muscle is grasped firmly with either one or both hands of the practitioner, e.g. the gastrocnemius muscle. The hands are placed in a position to allow the muscle to be lifted between the fingers and the thumbs of each hand, the hand being placed firmly on the muscle, and the lift being applied by contraction of the therapist's fingers and thumbs.

Note that the fingers should not slide over the patient's skin towards the thumb as there is a danger of nipping or pinching the patient's flesh. The muscle must be lifted and stretched as far as possible from the bone. Whilst maintaining the contact of the hands on the point, the pressure is released allowing the muscles to fall back into a normal position, thus alternately, lifting and relaxing the muscle. The thumb must be well

outstretched and the palm of the hand plays an important part in the lifting. Lifting (picking-up) alone is used mainly on the limbs.

### **Squeezing**

Once the lifting has succeeded in loosening the muscles, then a gentle squeezing of the muscles is carried out, the pressure being applied in the direction of the venous return. Squeezing helps relieve muscle in spasm.

### **Wringing**

The muscle having been "**picked-up**" is then "**wrung out**" using a figure-of-eight movement. The hands move quickly and efficiently, one hand picking up the muscles between palm and thumb, and the fingers of the other hand acting on the muscle at the same time.

### **Rolling**

The muscle is rolled transversely in both directions by a rolling first of the thumbs towards the fingers, then with the fingers, rolling the tissue towards the thumbs. The thumbs and the fingers should not merely slide over the skin towards each other, but the tissue should be lifted and rolled.

### **Kneading**

Kneading is a circular manipulation, performed so that the skin and subcutaneous tissues are moved in a circular manner on the underlying structures. It is a compressio0n type movement. The manipulations may be performed with the palm only, with all the fingers, with the pads (or tips) of the thumb or of the fingers. Whatever the area used, a circle is described by the part of your hand in contact, with pressure on the upper part of the circle, but only for a small segment. The actual range (or number of degrees) for which pressure is exerted varies with the part treated. Pressure emphasis is in the direction of the venous blood return to the heart.

### **Muscle-Shaking**

This manipulation is used mainly on the thigh muscles. The the hands on either side of the muscle belly, it is rapidly shaken from side to side as you traverse the length of the muscles, avoiding contact with the underlying bone.

### **Variations**

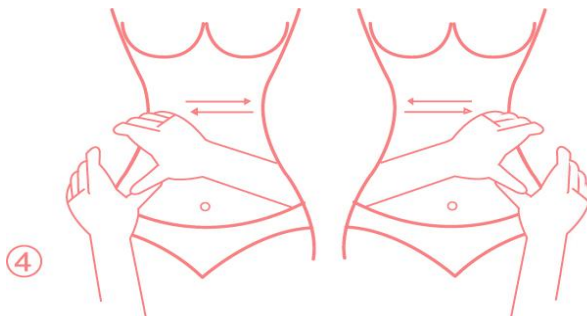
1. Whole hand kneading.
2. Palmar kneading.
3. Flat finger kneading.
4. Finger pad kneading.

5. Finger tip kneading.
6. Thumb pad kneading.
7. Thumb tip kneading.
8. Superimposed / reinforced kneading.

### Therapeutic effects of petrissage

1. Increases the blood supply
2. It eases swelling.
3. It relieves intestinal congestions.
4. Removes toxins, elimination of fatigue products. Reduces the feeling of stiffness after exertion.
5. Helps weak muscles contract.
6. It hastens elimination.
7. It increases cellular respiration.
8. It stimulates nerve endings.
9. It increases nutrition, size and strength of muscles.
10. Improves elasticity and tone of muscles
11. Muscle shaking helps identify scar tissue
12. Stimulates the nerve endings
13. Finger and thumb rolling improves the elasticity and tone in the dermis.

Wringing excellent movement to stimulate the athlete just before competition especially if they are not 'psyched up' for their event.  
Kneading aids the supply of blood to the periosteum



## Contraindications

1. Not on areas that is hairy
2. Abdomen when distended
3. Client weak or feeble

## Tapotement

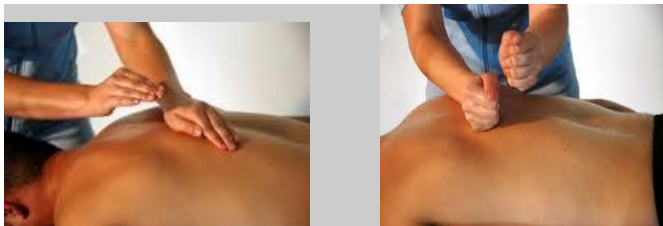
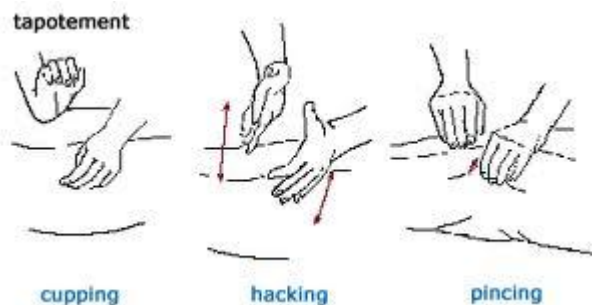
Means to Tap, Pat, Strum, Drum

### Technique

1. Finger tip movements
2. Both hands work alternately

### Effects

1. Stimulate nerve endings
2. Improves the constant fresh supply of blood to the area
3. Tones Muscles ... Erector Pilli Muscles



## Cupping

### Technique

1. This is a quick movement with hands in a cupped position
2. Cup the hand so that the thumb and fingers are slightly flexed, palmer surface contracted.
3. The movement makes a hollow sound when the hand is brought down onto the body ... Vacuum.

### Effect

1. Creates – Erythema / Hypereamia

2. Reduce Tension
3. Increases Blood supply to the skin
4. Loosens mucous to hollow ie lungs

#### Contraindications

1. Where skin is weak, thin and delicate.
2. Any bony areas.

### **Hacking**

#### Technique

1. Applied with ulnar border of the hand
2. Let the wrist, hand, fingers, relax and flip up and down.
3. Palmar surfaces are parallel
4. Pronation – supination
5. Dorsal surface of the 5<sup>th</sup>, 4<sup>th</sup>, 3<sup>rd</sup> fingers strike the area being treated.
6. Sounds – Raindrops.

#### Effleurage

1. Increases contraction of muscle fibres
2. Increases blood supply
3. Light Hacking – stimulates – tones muscles
4. Refreshes the muscles treated
5. Increases the temperature and has a warming effect
6. Performed down the spine stimulates the spinal nerves and is refreshing.

#### Contraindications

1. Never over a bony area
2. On areas that tend to contract and or shorten.
3. On spastic Muscles
4. In cases of excitability or nervousness
5. In painful conditions

### **Vibrations**

#### Technique

1. A fine trembling like movement performed with one or both hands using either the whole palmer surface
2. Small quick flexions and extensions of fingers and wrist joints
3. Vibrations can be Static performed in on place  
Running The hand or fingers travel over the part or area being treated while vibrating

#### Effect

1. Scar tissue can be loosened
2. Sedative effect
3. Relieves flatulence in abdomen

4. Coarse Vibrations are stimulating
5. Down Spine – Stimulates lethargic clients, produces a sensation of alertness and refreshment.

#### Contraindications

1. Coarse vibrations = where stimulations are undesirable
2. Must practice movements, poorly performed causes frustration and impatience.

#### Friction

1. Small penetrating movements performed with the fingers tips or thumbs
2. Excellent joint strokes
3. Circular friction
4. Cross-fibre friction
5. Parallel friction

#### Effects

1. Adhesions are broken down
2. Loosens and stretches scar tissue
3. Aids in absorption of local effusion around joints
4. Effective in de-activating trigger points
5. Followed by effleurage or petrissage

#### Contra-indications

1. Over joints which are deformed by rheumatoid Arthritis and dislocations
2. On bony surface
3. All cases of acute inflammation or sever pain

