

CHAPTER 8 CLASSIFICATION OF MASSAGE TECHNIQUES

Knowledge review answers

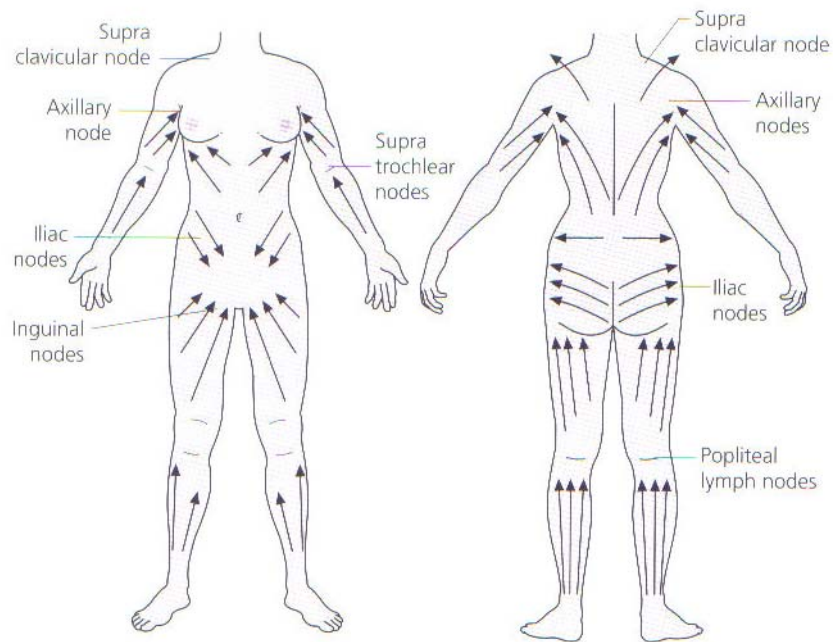
1. Massage is the manipulation of the soft tissues of the body, with the aim of having a positive effect on the systems of the body.
2. There is great psychological value in massage and touch. In today's stressed society the touch of massage does wonders for alleviating all kinds of symptoms. It is believed that the pleasure from massage helps to release endorphins preventing pain impulses reaching the brain. By generally increasing the metabolism the client will have an increased sense of well being. The benefit of relaxation is often underestimated. In a relaxed state the body makes use of the time to rebalance and regenerate.
3. The effects of petrissage:
 - compression and relaxation of the muscle tissues
 - increase in vascular and lymphatic drainage, removing lactic acid and other waste from the tissues and bringing fresh nutrients. This will help to eliminate muscle fatigue.
 - mobilising of fibrous tissue and localised muscle thickening
 - to stimulate the function of the abdominal organs
 - desquamation.
4. These are techniques that can be used to enhance a massage. NMT uses a combination of pressure and deep friction. NMT is used to stimulate both the nerve

endings, muscle, tendons, ligaments and other connective tissue. The techniques used are less relaxing than classical movements as they may cause mild discomfort.

- Firstly following the **dermatome** sensory areas. Pressure is applied along the grooves along the spinal column.
- Second method of application is on motor point sensitive areas.

5. Percussion massage: avoid bony areas and only use on padded or areas of bulky muscle.

6.



Lymphatic drainage