

Therapist Self-Care

Therapist Self-Care

Classes:

- Yoga
- Tai Chi
- Stretching
- Strength
- Cardio
- Get Active! For body, and Mind!

Therapy:

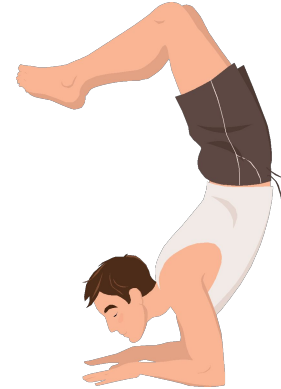
- Massage Therapy
- Hydrotherapy



Therapist Self-Care

Stretches:

- Pectorals Minor /Major
- Scalenes
- Wrist extensors/flexors
- Exercises:
- Scapular retraction
- Diaphragmatic breathing



Therapist Self-Care

- Enough rest
- Eat well
- Healthy lifestyle

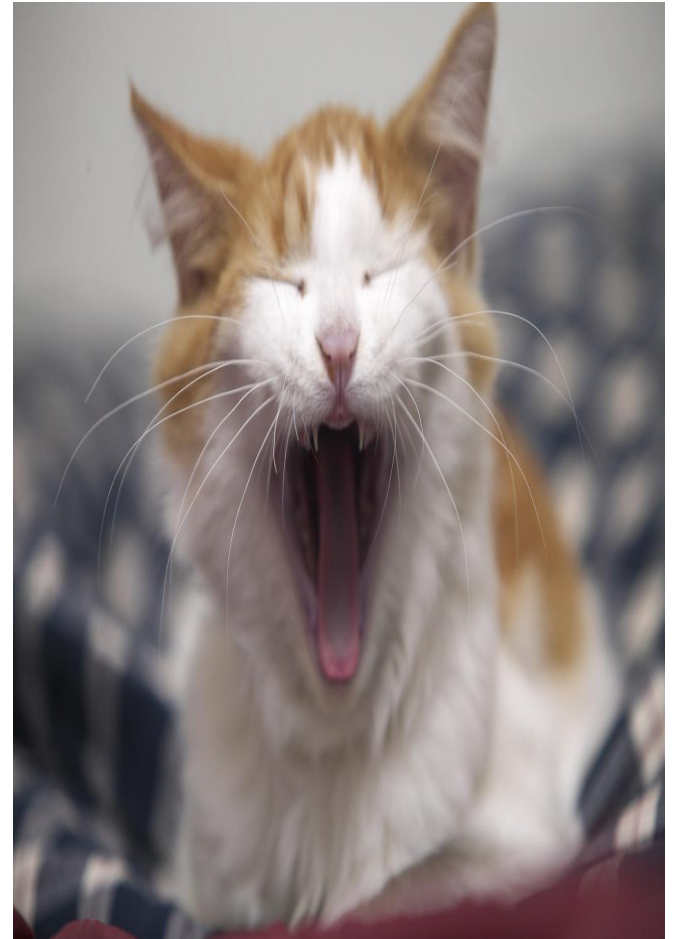


Therapist Self-Care

Injury Prevention:

Internal-

- Tight/weak musculature
- Fatigue
 - Sprint vs marathon
- Pain
- Duration of activity
- Poor biomechanics



Therapist Self-Care

Injury Prevention:

External-

- Terrain
- Shoes
- Table height
 - Diff for diff C's



Therapist Self-Care

- What To Look For:
- Fatigue
- Pain
- Mood/behavior changes



Endangerment Sites

- Areas where nerves and blood vessels are located superficially, therefore not being well protected
- *Deep* and *sustained* pressure in these areas can potentially damage these vessels and nerves
- **Kidney area** is included because the kidneys are loosely suspended in fat and connective tissue therefore heavy pounding is **contraindicated**

Fill in human body as we go. Write at the bottom of the page

Endangerment sites

11 Endangerment Sites

1. Anterior triangle of the neck

- Carotid artery, jugular vein, vagus nerve
- Mandible, SCM, trachea

2. Posterior triangle of the neck

- Brachial plexus, brachiocephalic artery and vein, subclavian artery and vein
- SCM, trap, clavicle

3. Axilla

- Brachial artery, axillary artery and vein, cephalic vein, nn of brachial plexus.

4. Medial Epicondyle of the Humerus

- Ulnar nerve

5. Lateral Epicondyle of the Humerus

- Radial nerve

6. Sternal Notch/Anterior neck

- Vagus nerve, nn's and vessels to the thyroid gland

8. Lateral to umbilicus

- Aorta

9. 12th Rib

- Dorsal aspect, location of kidneys

11 Endangerment Sites con't

9. Sciatic Notch

- Sciatic nerve

10. Inguinal triangle/Femoral triangle

- femoral artery and vein, femoral nerve

11. Popliteal Fossa

- popliteal artery and vein, tibial nerve

Palpation pg. 118

- Def'n
- The placement of the RMT's hands on the C's tissues for assessment purposes
- Process of assessing the body by means of touch
- *Why is it important?*
 - Constant evaluation process during treatment
 - Used to measure and evaluate effects and results
- 3 common errors made while palpating...
 - Lack of concentration of *what* is being palpated
 - Too much movement of palpating fingers
 - Using too much pressure

4 T's of Palpation

- Temperature – hot, cold, even
- Texture – smooth, ridges, even vs uneven
- Tenderness – twitching, move/pull away, jumping
- Tone – hypertonic vs hypotonic

How to palpate effectively...

1. Obtain Consent

1. What area is going to be palpated
2. Explanation
3. Tell C to tell you if they experience any P during palpation and where

2. Palpate Bilaterally

1. Start on Unaffected side 1st

3. Compare unaffected side and affected side

4. Use palmar surface of your hands

5. Use broad, light pressure

Look for...

- If the C is showing signs of discomfort
 - Flinching
 - Rapid breathing
 - Sweating
 - Flushing
 - Facial expressions
- If C reacts to pressure of palpation
 - Some will have no problem reporting P
 - Others will have to be asked

Massage Techniques

Stroking: pg 20

- Lightest technique
- Introductory/closing technique
- Temperature differences
- Palmar surface of hand used
- Pressure evenly applied
- Tissue not compressed
- Long or short movements
- Lotion/gel/oil unnecessary
- Performed on skin or through sheets



Massage Techniques

Stroking:

- ***Stroking***: running the entire hand or fingertips over parts of the body to relax the muscles reflexively and help eliminate muscle spasm, improve circulation, or produce a parasympathetic response.

Massage Techniques

Uses of Stroking:

- Introductory or closing technique
- Particular body part or whole body
- Run from head to feet
- Creates awareness/sense of connection to body
- Temperature differences
- Palpation of tone unlikely

Massage Techniques

Stroking

How to Perform Stroking:

- Palmar surface of hand or fingers
- Pressure equal through surface of hand or fingers
- Applied superficially
- Tissue not compressed, minimum pressure
- Direction centripetal or centrifugal
- Long or short movements
- Lubricant unnecessary
- Applied on broad areas
- Can be performed through sheets

Massage Techniques

Stroking:

Effects of Stroking:

- Soothing technique
- Decreases sympathetic nervous system firing
- Reduces pain perception
- Reflexive effect on circulatory system

Contraindications:

- Uncovered or open contagious skin lesions

Massage Techniques

Effleurage: pg 21

Derived from the french word “effleurer” meaning,

To glide, stroke, or touch lightly

- Used to spread lotion/oil/gel
- Introduces therapist’s touch
- Palpation of tone, texture, and temperature
- Prepares tissue for deeper techniques
- Transitional stroke
- Introductory/closing technique

Massage Techniques

How to Perform Effleurage :

- Hand with fingers together
- Fingertips, ulnar border
- Conforms to contours of body
- Pressure applied broadly
- Applied smoothly
- Light to moderate depth



Massage Techniques

How to Perform Effleurage :

- Long stroke, covering length of thorax or limb
- Direction is centripetal
- Return stroke maintains contact without pressure



Massage Techniques

How to Perform Effleurage:

- Single hand
- Double hand
- Single forearm
- Supported hand
- Loose fist



Massage Techniques

Mechanical and Reflexive Effects of Effleurage:

Depends on depth, rate and rhythm of technique

- Less pressure = more reflexive effect
- Deeper pressure = more mechanical effect

- Increases local venous return
- Increases local lymphatic return
- Reduces local edema
- Increases tissue pliability
- Warms tissue/blood to area



Massage Techniques

Mechanical and Reflexive Effects of Effleurage:

- Stimulates peristalsis (abdominal massage)
- Sedative effect (slow, rhythmic)
- Stimulating effect (quick, erratic)
)similar to Petrissage

Massage Techniques

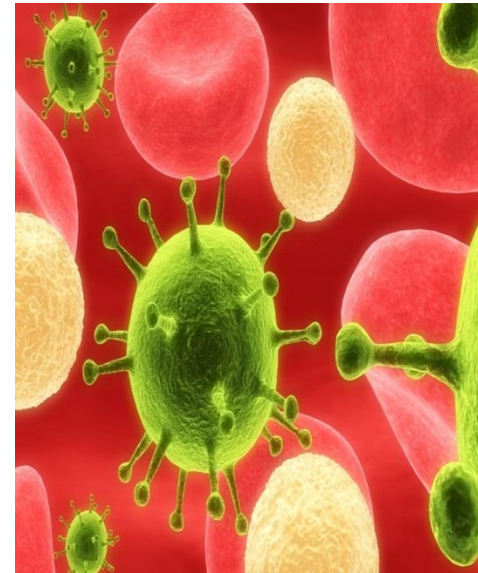
Effleurage Contraindications: pg 23

- Contagious lesions
- Open lesions
- Varicose veins
- Distal to areas of infection
- Not repetitively on limbs for those with hypertension, heart disease, varicosities, or edema caused by thrombus

Massage Techniques

Effleurage Contraindications:

- Sepsis
- Phlebitis
- Very diseased/degenerative kidneys



Massage Techniques

Effleurage Contraindications:

Careful modifications for:

- Contusions, inflamed tissue
- Reflex sympathetic dystrophy
- Hypertension
- Congestive heart failure
- Coronary by-pass(48 hours)



Massage Techniques

Petrissage:

Techniques that rhythmically compress and release tissues

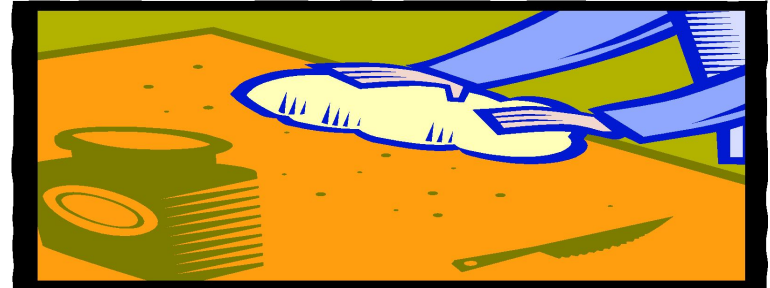
- Squeezing
- Stripping
- Wringing
- Picking up
- Skin rolling
- Kneading



Massage Techniques

Petrissage:

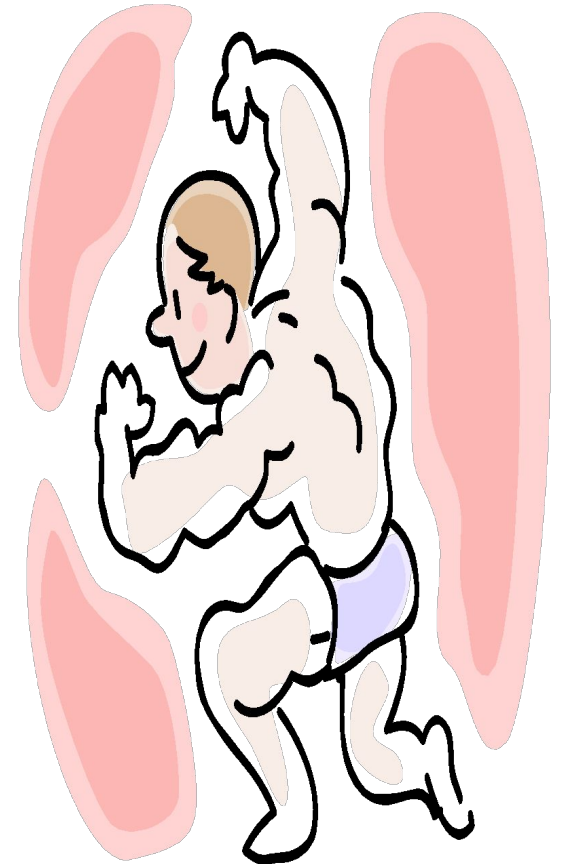
- “To knead”
- Used after tissue is warmed up
- Increased focus and pressure
- Key to treatments



Massage Techniques

Petrissage:

- Applied to muscle groups
- Applied to individual muscles
- Applied to part of muscle
- Shorter motions
- Direction is variable
- Pressure can be modified

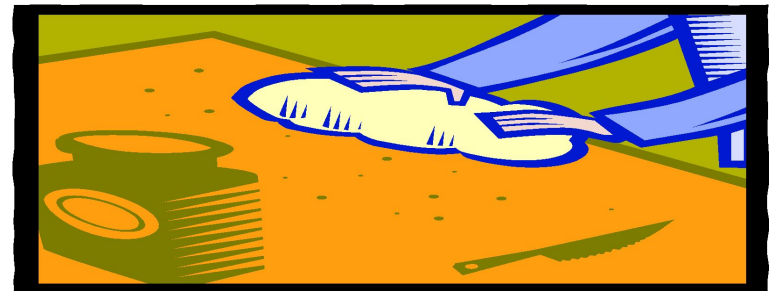


Massage Techniques

How to Perform Petrissage:

- **Applicators:**

- Palm
- Finger pads
- Thenar Eminence
- Ulnar border of forearm
- Knuckles

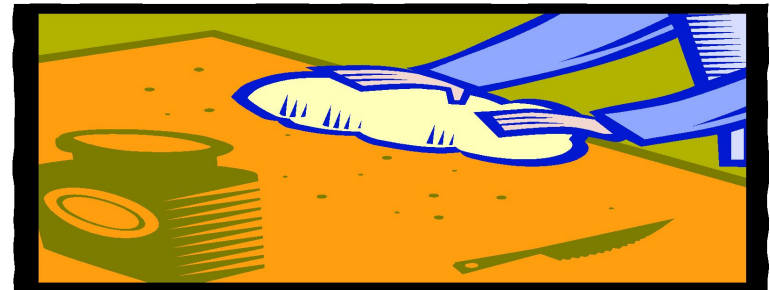


Massage Techniques

How to Perform Petrissage:

- **Application:**

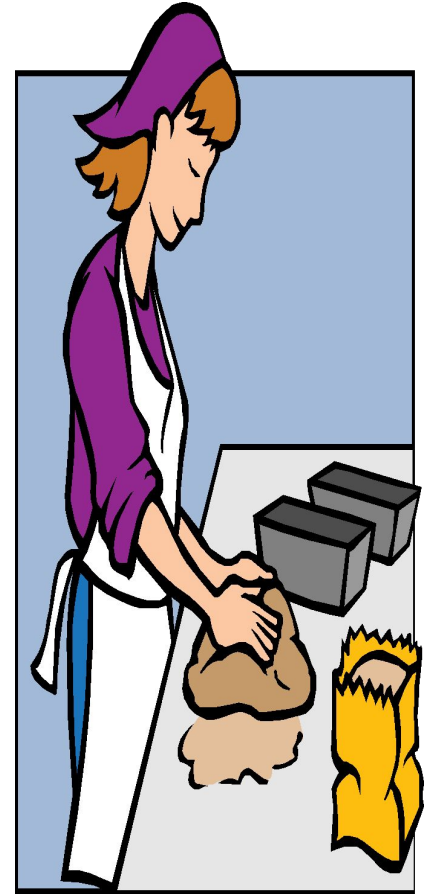
- Methodical
- Firm
- Slow strokes
- Lift muscles, stretch gently while alternating squeezing and relaxation
- Variable pressure while squeezing



Massage Techniques

How to Perform Petrissage:

- Contact maintained with tissue
- Performed centripetally
- Wrists at 120 to 130 degree angle
- Extended arm to body at 45*



Massage Techniques

Squeezing:

- muscle compressed between palm and fingers or between both palms
- Gently squeeze muscle
- pressure applied towards venous flow
- directed slightly vertically
- May help relieve muscle spasm
- Perform after Picking up technique

Massage Techniques

Stripping:

- Thumb, elbow or ulnar border of the hand or fingertips
- Moderate to deep pressure
- Follow contours of muscle
- Distal to proximal
- Pressure applied *with* fibre direction

Massage Techniques

Wringing:

- Applied smoothly and quickly
- Both hands conform to tissue
- Muscle is firmly picked up with thumb and palm
- Wrung out like wringing a soaked wet sponge
- Alternating hand action contacting tissue
- Thumbs at 90 degree angle to 2nd and 5th digit
- Thumb and thenar eminence pushes tissue towards opposite thumb and thenar eminence
- Tissue bulges as hands pass each other



Massage Techniques

Wringing:

- Movement is performed transverse across the muscle at 90 degree angle
- Tension is created
- Pressure changes during technique
- Increased pressure when tissue lifted and torqued
- Less pressure at beginning and end of movement
- Use on large muscle groups (i.e. Hamstrings)



Massage Techniques

Picking up:

- Final stroke after client has been re-draped
- Fingers and thenar eminence
- Palms of the hands
- Grasp muscle in both hands on either side
- Release slowly
- Vertical pressure



Massage Techniques

Skin rolling:

- Skin lifted between thumb and fingers
- Overlap slightly
- Gently roll over treated area
- Slow movements for deeper stroke
- Superficially to palpate restrictions
- Performed on deeper structures
- Repeat 3 times
- Monitor client's response to treatment



Massage Techniques

Kneading:

- Thumb, fingertips, palmar surface or ulnar border of hand/forearm
- Both hands work together
- Move tissue upwards and towards therapist's thigh
- Tissue is compressed down against bone
- Thenar eminence and pisiform of both hands
- Slowly easing off the mass of muscle
- Deliberate slow movement
- Like kneading bread dough

Massage Techniques

Kneading:

- Thumb, fingertips, palmar surface or ulnar border of hand/forearm
- Short, rhythmical unidirectional or circular movements
- Pressure peaks in the middle of technique
- Deeper pressure needed
- one handed or thumb
- other hand for reinforcement /support

Massage Techniques

Uses of Petrissage:

- Improvement of circulation
- Reduce inflammation (proximal/distal to injury)

Contraindications:

- Abdominal inflammation (gastro-enteritis or appendicitis)
- Acute inflammation (recent scars, muscle strains,)
- Bone pathologies
- Frail skin

Massage Techniques

Petrissage Mechanical Effects :

- Muscle fiber separation
- Creates hyperemia flushing fluids at deeper layers than effleurage
- Increases tissue pliability
- May break down inter-fiber and cross fiber adhesions
- Like breaking stones into pebbles

Massage Techniques

Petrissage Effects :

- **Muscle stripping**--treats trigger points in muscle belly
- **Skin rolling**--assesses superficial fascial restrictions or trigger points
--treats trigger points in muscle belly
- **Picking up**--may aid in venous and lymphatic flow as it creates a pressure change in deeper tissue
--may stretch muscle and connective tissue differently than usual stretching

Massage Techniques

Petrissage:

Mechanical Effects on Circulatory System:

- Drain and refill lymph and venous tissues
- Facilitating fluid flow to heart

Reflex Effects on Circulatory System:

- Increased blood supply
(pumping--vasoconstriction-vasodilation)
- Toxin removal (Increase of cellular nutrients and O₂)

Massage Techniques

Petrissage:

Mechanical Effects on Nervous System:

- Stimulates receptors
- Elicits an inhibitory reflex

Reflex Effects on Nervous System:

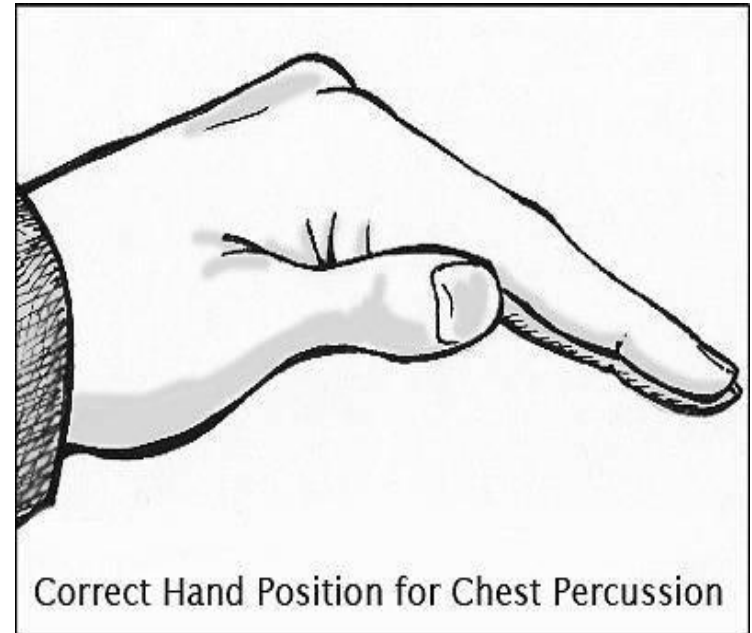
- Interrupts pain cycle
- Triggers changes in venous/arteriole tone vis sympathetic efferent

***Massage Techniques:
Tapotement***

Massage Techniques

Tapotement:

- French “tapoter” meaning ‘to rap, drum or pat’
- “Percussion”
- Stimulating technique



Massage Techniques

Application of Tapotement Techniques:

- Percussive
- Rhythmic and rapid
- Pressure applied with both hands alternately
- Fingertips
- Ulnar border of hands
- Full palmar surface of hands
- Fists
- Relaxed wrists***



Massage Techniques

Application of Tapotement Techniques:

- Movement originates from wrists
- Elbows tuck close to body
- Hands close to client's body
- Parallel to muscle fiber
- "C" shaped and relaxed hands
- No lubricant needed
- Appropriate anytime during treatment
- Follow principle of massage
Superficial-Deep-Superficial



Massage Techniques

Tapotement Uses:

- Loosen mucus ---respiratory conditions
- Increases local circulation
- Increases sympathetic nervous system firing
- temporarily increasing muscle tone
- Generalized fatigue
- Cystic Fibrosis

Massage Techniques

Tapotement Effects:

- Reciprocal inhibition of the antagonist (i.e. Tapotement to quadricep muscle group relaxes the hamstrings)
- Stimulates weak/hypotrophied muscles
- Desensitizing areas such as amputation sites or tissue just after a cast is removed.

Massage Techniques

Light Techniques:

Pincement—*tissue gently plucked between thumb and fingertips*

Tapping—*tissue is tapped with fingertips*

- Hands springy
- Wrists relaxed
- Applied superficially
- Without force

Massage Techniques

Light Techniques:

Apply Tapping:

- Around joints
- Tendons
- Face and hands
- Along spine

Massage Techniques

Heavy Techniques:

Beating/Pounding/Knuckle Percussion:

- hand held in loose fist
- tissue struck with ulnar border of fist
- extensor surface of phalanges (rapping knuckles)
- Buttocks/large leg muscles



Massage Techniques

Heavy Techniques:

Hacking –ulnar border of hand

less force -- relaxed hand

more force -- stiff hand

-- upper back/shoulders

Cupping – hand in cupped position

fingers and thumb together

wrists pronated

tissue struck with alternating hands

making audible “clapping” sound

--Thorax

Massage Techniques

Tapotement:

Mechanical Effects:

- Increases venous blood supply
- Increases waste removal via Lymphatic system
- Loosens and softens fibrocystic tissue adhesions
- Loosens mucus (cupping)
- Stimulation (light and short)
- Increases venous/lymph blood flow to superficial vessels of skin

Massage Techniques

Tapotement:

Reflex Effects:

- Hyperemia (vasoconstriction then vasodilation)
- Histamine release
- Reaction response that relaxes muscles
- Localized contraction of muscle fibers (stimulation of motor nerves)
- Temporary analgesic effect (heavy/prolonged tapotement)
- Increases glandular activity
- Enhances effects of cold hydrotherapy

Massage Techniques

Indications for Tapotement:

- Stimulation of circulation
- Anemia
- Debility where stimulation necessary
- Scar tissue
- Stiff joints
- Stimulation of atrophied muscles
- Stretched muscles/tendons
- Decrease nerve conduction
- Alleviate pain (chronic neuralgia)

Massage Techniques

Contraindications of Tapotement:

- Bony prominences
- Kidneys
- Abdomen
- Fragile tissue
- Spastic paralysis

Massage Techniques

Contraindications of Tapotement:

- Heavily atrophied(only light tapotement)
- Flaccid muscle tissue (only light tapotement)
- Spasm
- Acute inflammation
- Insomnia

Quiz 2 Next Class