

# MESSAGE TECHNIQUES

TERMS

# MECHANICAL EFFECTS

- Refers to the action involving direct force or pressure at the site
- Generally mechanical effects are of short duration (last as long as the force is being maintained)
- Involves change at the level of gross anatomy

# REFLEX EFFECTS

- Originate from mechanical forces but are actions subsequently initiated by the body's own processes as a response
- Encourage relaxation of tissues through changes in motor nerve output and chemical secretions therefore;
- Changes are generally longer lasting
- Effects are systemic
- Changes occur in the tissue other than the tissue being directly worked on

# CIRCULATORY EFFECTS

- Refers to the reflex response that has on circulation which is to cause vasoconstriction followed by vasodilation and therefore increasing local hyperemia

# CHEMICAL EFFECTS

- Occur when chemicals are released into the blood resulting in systemic or local responses
- Common chemical effect is dilation of capillaries through release of histamine
- Other effects may be a result of neurotransmitters, hormones and/or endorphins

# WHY ARE THESE IMPORTANT?

In order for you to implement change within the tissue and have effective treatments you must understand what you are doing to the body. If you don't understand what your techniques are doing then you will not create the change that you want to.

EFFLEURAGE



French word: to glide, stroke, touch lightly

Pressure can be light or deep

**Definition**

- Manipulation in which the entire palmar surface of the hands, and fingers are molded to the contours of the body with pressure being applied towards the heart (centripetal)

# TECHNIQUE

- Starting at the distal point, and with light pressure, slowly, and evenly guide the hands proximally of the area being treated
- Hands may be held parallel or transverse to the direction of the mm fibers, in a relaxed manner

# USES

To spread medium over area being treated

To introduce the therapists touch to the C

To end a tx

To evaluate tissue - palpate temp, mm tone, and texture

To prepare tissue for deeper techniques

To connect other strokes (transition stroke)

When moving from one area to another (proximal to distal)

After deep techniques, to aid in drainage and flushing

# EFFECTS

Depends on rate, rhythm and depth of technique

Soothing if applied slowly and rhythmically

Stimulating if applied rapidly and erratically

Generally affects circulation

Increases local venous and lymphatic return

Increases local circ

Decreases edema

PETRISSAGE

Manipulation in which the soft tissues are rhythmically compressed and released

Soft tissues are pressed or rolled using alternate pressure, and relaxation

Palmar surface of the hands, fingers, thumbs, ulnar border, elbow are used

Can be soothing or stimulating depending on the rate and depth of pressure

# TECHNIQUE

- Contact is maintained with C's tissue throughout the technique. (except for compressions)
- Direction of pressure is variable.
- Pressure for some is centripetal (kneading)
- If P is elicited, decrease pressure, or lift less tissue

# KNEADING

Performed in a circular manner with pressure on the upward part of stroke (centripetal)

Can be performed with different applicators; hand, palm, fingertips, thumbs

May be single, double, alternate or reinforced

Superficial or deep

Variable rate, slow or fast



# MUSCLE SQUEEZING

Muscle is compressed between the palm and fingers or between both palms

Pressure is then directed slightly vertically

# WRINGING

Both hands grasping the tissues at right angles to the direction of the mm fibers and wringing the hands back and forth alternately

Small degree of torque occurs at the centre of the area being wrung

Pressure is relatively superficial to achieve a soothing effect

Fingers and thumbs should be kept adducted

If performing wringing on a smaller area of the body (lower leg, arm), thumbs may be abducted

# COMPRESSIONS

Performed by compressing the tissue under the applicator

Applicator may be palmar surface of hand, elbow, ulnar border, fist

Pressure is applied downward into the tissue majority of the time (45° to decrease strain on therapist)

Slow rate = soothing

Fast rate = stimulating

# PICKING UP

performed by grasping the tissues with the whole hand, thumb abducted and lifting the tissues away from the underlying structures

performed with squeezing action

without losing contact, a fresh grasp is made and the manipulation is repeated

limbs and back

# SKIN ROLLING

Only affects skin and subcutaneous tissues

tissues are grasped and lifted

thumb on one side, fingers on the other

tissue is then rolled by the thumbs towards the fingers

there is a gliding movement of the superficial tissues over the underlying tissues

SLOW speed is used, so any superficial restrictions are palpable

Can be performed transversely, or parallel to the direction of mm fibers

Can be PAINFUL!

Should be done slow within the C's P tolerance

Should be followed by effleurage or stroking

# MUSCLE STRIPPING

Applicators - thumb, elbow, fingertips

Moderate to deep pressure

Contours of mm are followed, often distal to proximal mm insertions

Pressure is applied in fiber direction

# PRIMARY EFFECTS

With the exception of skin rolling, which primary effects subcutaneous tissues, petrissage is the most important manipulation used on mm tissue, by mechanically loosening and stretching mm fibers, and by its local effects on circulation.

# EFFECTS

## 1. Mechanical

### a. Circulation

- Assists venous and lymphatic drainage

- Indirectly assists arterial flow

### b. MM and CT (connective tissue)

- Loosens and stretches mm fibers

- Relaxes mm's by; increasing circ, elimination of metabolic wastes, decreasing edema,

- Temporarily increases mm temp due to inc circulation



### C. On skin

Loosens subcutaneous adhesions

Increases glandular activity of the skin and improves the general condition of the skin due to inc circulation

Creates superficial hyperemia

### D. Abdominal Organs

Circ is increased, blood pressure increases when techniques are performed

### E. Metabolism

Increased due to inc circulation

Inc nutrition, O<sub>2</sub> supply and elimination of wastes

## 2. Reflex

### a. Circulation

- i. Cause brief vasoconstriction followed by vasodilation

### b. Mm's and Tissues

- i. Relaxes mm's due to soothing effect
- ii. Stimulates mm's due to stimulation effect causing temporary inc in mm tone
- iii. If increased drag is applied to the tissue, mm fiber and CT adhesions can be loosened (palmer kneading, rftk)
- iv. If ONLY the skin layer is engaged (skin Rolling), only superficial fascia will be addressed.
- v. Mm HT is reduced with the repetitive techniques of petrissage

### c. Abdominal Organs

- i. Increased parastalsis

### d. Nervous System

- i. Sooth or stimulate

### 3. Chemical

- a. due to inc circ, capillaries dilate through the release of histamine (esp with deep pressure)
- b. generally petrissage inc the efficiency of circulation and loosens and stretches mm fibers when performed over a local area

# CLASSIFICATIONS

- a. Soothing
  - a. Slow kneading
  - b. Muscle squeezing
  - c. Wringing
  - d. Slow compressions
- b. Stimulating
  - a. Fast kneading
  - b. Picking up
  - c. Skin rolling
  - d. Muscle stripping
  - e. Fast compressions

# USES

- Skin rolling, mm squeezing, mm stripping, and picking up techniques are used after the tissue is warmed up because of the increased pressure and focus of the technique
- Circ Conditions
  - As long as they are not CI'd to local massage
- Muscular Conditions
  - Mildly flaccid or atrophied mm's (use slow, superficial techniques)
  - Mm spasm and fatigue
  - Subcutaneous adhesions (use slow, graduated pressure)
  - Shortened mm's due to non-pathological causes
  - Chronic inflammatory conditions (tendonitis)
- Digestive Disorders
  - Constipation
- Pain relief

# CI's

- All CI's for local or abdominal massage
- Severely atrophied or flaccid mms
- Should not be done over mod to severe varicosities

SKIN ROLLING

# TECHNIQUE

- Thumbs are placed on the skin next to each other while the fingers grasp the skin
- Fingers are moved towards the thumbs raising the skin from the underlying layer (sausage)
- Thumbs are slowly pushed away from the therapist over the skin engaging the tissue
- At the same time as above, fingers are walking over the tissue
- Rate is slow, technique is performed in long sweeps



# EFFECTS

- Warming and softening effect on the superficial fascia
- Reflexive stimulation to the spinal nn's

# NOTABLES

Excellent assessment method

- Areas of “stuck” skin often suggest underlying issue

There are few techniques that are safe to use over the spine

- No chance of injury to the spine with skin rolling
- Only the skin is being assessed
- Direction of pull of the skin is upwards and off underlying bones

Sometimes a patient’s tissue will NOT lift due to:

- Excessive edema
- Heavy fat layer
- Scarring that extends into a deeper body layer
- Thickened areas of CT

# CI's

- Acute injury
- hypotonic or Atonic mm's
- fragile skin
- skin lesions
- recent incisions
- recent injection sites
- anticoagulants

TAPOTEMENT

# CLASSIFICATIONS

- a. Light
  - a. Pincement
  - b. Tapping
  - c. Point hacking
- b. Heavy
  - a. Loose fingertip
  - b. Stiff fingertip
  - c. Slapping
  - d. cupping
  - e. beating
  - f. pounding

# DEFINITION

- Stimulating manipulation in which rapid, springy blows are administered with flexible wrists
- Pressure varies from light to heavy
- Pressure directed downwards to the area being treated
- Rate is rapid, rhythm constant
- Must at least be performed for 30 seconds, stimulating, more than 2 minutes, soothing

# TECHNIQUES

- a. Pincement - rapid, gentle pinching of tissues between the thumb and fingertips
- b. Tapping - light pressure, using the fingertips on area being treated, rate is rapid, and rhythmic
- c. Point Hacking - wrists flexible, fingers and thumbs adducted and flexed, rapid light springy blows by the finger tips
- d. Slapping/Clapping - hands are held with fingers and thumbs comfortably neutral, light alternating "slap" is given to the area being treated, light to mod pressure
- e. Cupping - hands are in a "cupped" position, fingers and thumbs adducted, MCP's slightly flexed, alternating hands, rhythmic, will produce a louder "hollow" sound
- f. Light Hacking/Loose Fingertip Hacking - alternate, rapid, springy blows, given with the ulnar surface of the hands, fingers are relaxed, moderate pressure
- g. Heavy hacking/Stiff Fingertip Hacking - similar to above, but with slightly heavier pressure, and stiff fingers
- h. Beating - hands are held in a soft fist, wrist is pronated, rapid alternate blows are given, contact is made with the underside of fist
- i. Pounding - same as above, contact is made with the ulnar border of the hand, and hands are in a fist, heavy pressure

# PRIMARY EFFECTS

- On the nervous system through reflex stimulation
- Respiratory system through mechanical effects when applied to the thorax



# EFFECTS

- a. Mechanical
  - a. respiratory system - loosens mucus, increases gaseous exchange,
- b. Reflex
  - a. circulation - causes vasoconstriction, followed by vasodilation causing hyperemia
  - b. mm - temporary increase of mm tone (stimulate), can also cause mm to relax (sooth)
  - c. nervous - reflex stimulation if performed for short duration of time 30 seconds - 3 mins
    - i. if performed for over 3 mins, will elicit an analgesic effect
  - d. underlying organs when applied to the back, will stimulate ab organs
  - e. skin - increase glandular activity
  - f. respiratory - dilates bronchioles (when applied to thorax)

# USES

- if heavier tapotement is required, it is applied in a way of following superficial-deep-superficial principle
  - a. Chronic respiratory conditions - chronic bronchitis, COPD
  - b. Emphysema (with no heart condition)
  - c. Asthma (light techniques)
  - d. Pneumonia
  - e. Temporary relief of P, use with caution to not cause more P
  - f. Atonic constipation
- Text

# CI's

- a. Light techniques - all CI's to local massage
- b. Heavy - over kidneys, bony protuberances, low back during pregnancy, menstruation, abdomen, insomnia, severely atrophied mm's, osteoporosis
- c. Both - painful conditions - neuritis, fibromyalgia, spastic paralysis

VIBRATIONS

# WHAT IS IT?

Static or running manipulation performed with the palmar surface of the hand or fingertips, in which the hand is rested on the area and vibrated while maintaining contact with the patient

Effects are REFLEX only

Pressure, rate, rhythm, direction all vary

# TYPES

Fine

-Very short, fast, almost invisible oscillations of the arm and hand

Coarse

-Larger, more visible oscillations of the arm and hand

Static

-No change in the position or location of the vibrating hand

Running

-Change in position or location of the vibrating hand

# TECHNIQUE

Because of the energy needed to do this manipulation, it should be used sparingly and for short periods of time

No medium is necessary

Can be used at any time during a tx

May be done with 1 or both hands

Once hand is in contact with the tissue, mm's of the forearm are alternately contracted and then relaxed to create a rhythmic movement through the hand

Keep shoulder and upper arm as relaxed as possible

Fine:

Pressure is directed downwards

Hand rests on the area and vibrates with little to no pressure at a rapid rate

Vibrating hand may be reinforced with the other hand

Effects are still experienced even though pressure is light



Coarse:

The hand rests on the area and vibrates rapidly, strongly,  
and visibly

Pressure is light and directed downwards

## Static

Hand is rested on an area, and vibrated finely, or coarsely

Keep contact with the tissue without moving over the C's skin

## Running

Hand is rested on an area and vibrated finely or coarsely

Keep the hand in continuous contact with the tissue, and “run” the vibrating hand over the C's skin of the area you wish to address

# EFFECTS

## Fine Vibrations

- Reflex only
- Nervous system
  - Soothing effect of cutaneous nn's
  - Soothing effect to deep seated organs
  - Soothing on parasympathetic nn's when performed over the sacrum
- MM
  - Mild relaxation effect on mms
- Circulation
  - Assists in circulation (mildly)
  - Decreases lymphatic congestion when performed over lymph nodes
- Digestive
  - Stimulates parastalsis when performed over the abdomen
  - Decreases flatulence when performed over the abdomen

# CONT... .

## Coarse Vibrations

- Reflex only
- Nervous, MM, and Circ
  - Same as above
- Digestive
  - Mild stimulating effect on intestines when performed over abdomen

# USES

- Creates different stimulation of the body because of their unusual feel
- Decreases mm tone if applied to mm tendon for up to 30 seconds
- Prolonged vibrations when applied to the thorax can loosen mucus in respiratory problems
- Fine vibrations
  - P relief (especially if due to edema)
  - Lymphatic congestion
  - Mm spasm - for a min of 30 seconds

COMPRESSIONS

# WHAT IS IT?

Application of pressure down into the tissues with varying depths of pressure

Very specific pinpoint compression used to treat trigger points is referred to as an ischemic compression

# TECHNIQUE

- Compression disconnects from the body with each lift and then reconnects with each compression
- Can be performed with different applicators
  - Thumb
  - Palm
  - Fist
  - Palm and heel of hand (avoid hyperextension of wrist)
  - Knuckles
  - Forearm
  - Elbow



# USES

Work over clothes

Work without mediums

Excessive body hair

Places where C's are ticklish

Great technique to introduce massage to those who may be shy/nervous

# EFFECTS

Presses tissue against the underlying bone, causing it to spread and be squeezed from both sides

Will also spread tissue and enhance the softening effect of the connective tissue

Pressing rhythmically into connective tissue will soften it

Compression applied to the belly of the mm will spread the spindle cells, causing the mm to think it is stretching, to protect itself from over-stretching the spindle cell will signal for the mm to contract, therefore stimulating the mm and nerve tissue (spasm ex)

Any sustained and repetitive use of a stimulation method that causes mm fibers to maintain a contraction or contract repeatedly will eventually fatigue the mm fibers, compression used in this manner will initiate a relaxation response in the mm's

# IMPORTANT

Keep arms and hands relaxed or head and shoulder tension will occur (for therapist)

Use of thumb or large mm masses for extended periods of time should be avoided (fatigue therapist)

Compression is the only petrissage technique that you do not maintain constant contact with the body

# APPLICATION

Fist Compression

Stabilized Hand

Stabilized Thumb

Loose fist

Forearm (Ulnar Border)

Double hand

Double fist

Single palm

# PICKING UP

performed by grasping the tissues with the whole hand, thumb abducted and lifting the tissues away from the underlying structures

performed with squeezing action

without losing contact, a fresh grasp is made and the manipulation is repeated

limbs and back

STROKING

# WHAT IS IT?

Movement performed with the palmar or dorsal surface of hand, either single, double or alternate

Performed in any direction with little pressure

Lightest technique

Effects are reflex only

Rate, rhythm and direction can vary

# TYPES

Soothing - full sun half moon

Stimulating



# TECHNIQUE

No medium necessary because very little drag is being created

Stroke can be long or short

Can be done over the sheets or directly on skin

Hands are held in a relaxed manner, rhythmically gliding down the body part retaining contact

# TECHNIQUE; SOOTHING

Unidirectional

Once direction of the stroke is established, it is maintained

Rate = slow

Rhythm is maintained

Full sun Half Moon

- Performed over umbilicus or sacrum
- One hand slowly, rhythmically makes a full circle
- The other hand alternately strokes a half circle, breaking, and reconnecting with a constant rhythm

# TECHNIQUE; STIMULATING

Multidirectional

Rate = rapid

Shorter duration

# PRIMARY EFFECTS

Indirectly on cutaneous nerve endings, for both soothing and stimulating

# EFFECTS

## Soothing

- Reflex
  - Mm - mild relaxation effect
  - Nervous - soothing
  - Circ - assists circulation
  - Digestive - stimulates parastalsis when performed on the abdomen

## Stimulating

- Reflex
  - Nervous - stimulating
  - Mm and circ - mild stimulating effect
  - Digestive - mild stimulation when applied over the abdomen

# USES

- Intro or closing technique on body part
- At the end of tx to increase patient awareness and a sense of connection with the entire body
- Palpate temp

## Soothing

- P relief
- Insomnia
- General debility
- Mm spasm
- Circulatory conditions where other manipulations may be contraindicated
- Digestive disorders: constipation, diarrhea, ibs

## Stimulating

- Conditions where mild stimulation is desirable
- Atonic mm's
- Atonic constipation (hard and lumpy)

# CI'S

- Uncovered, open skin lesions
- Soothing
  - All Absolute general contraindications for Massage
- Stimulating
  - All contraindications to LOCAL massage
  - Pain
  - Insomnia
  - Muscle spasm

SHAKING



# WHAT IS IT

- manipulation in which a part of the body is grasped and physically shaken either coarsely or finely
  - generally large areas are involved
  - requires some lift and/or traction/pull

# LOCATIONS

## Large muscle groups

- Upper traps
- Biceps
- Triceps
- Hams
- Quads
- Glutes
- Lats

## Joints

- Shoulder
- Hip
- Ankle
- Wrist



# TECHNIQUE

\*\*\* stay within the limits of ROM of joints and pliability of tissue

Grab the tissue or limb and then apply a “vigorous” up/down, or side/side movement

Deliberately move the joint or mm to effect the receptors

Goal is to see how small the shake can be and still have a physiological effect

# PRIMARY EFFECTS

Confuses the positional proprioceptors so mm's relax

Sensory input is too unorganized for the integrating systems of the brain to interpret therefore natural response for mm's is to relax

# MECHANICAL EFFECTS

## Mm and CT

- Loosens joints and ligaments, stretches tendons, and mm fibers
- Improves the lubrication of the joints because of stimulation of synovial fluid production

## Respiratory System

- Increases gaseous exchange when applied to the thorax

## Circulatory System

- Assists venous and lymphatic drainage when applied to the extremities

# REFLEX EFFECTS

## MM

- Relaxes muscles

## Circ

- Increased

## Nervous

- Soothing - fine shaking, rocking
- Stimulating - coarse shaking

## Digestive

- Increase peristalsis
- Stimulates deep-seated organs (when applied to the low back and abdomen) - shaking

## Respiratory

- Assists/relieves sinus congestion (when applied to the thorax, larynx, root of the nose)

# USES

Chronic respiratory Conditions

Stiff joints (osteoarthritis)

Mm spasms - fine shaking

Digestive Disorders

Sinus Congestion

Improves joint health

Warms and prepares the body for deeper work

Relax larger mm groups

# CI'S

All absolute general CI's to massage

Any condition that would respond negatively to stretch on mm and mm fibers (atonic mm, flaccidity)



ROCKING

# WHAT IS IT

Soothing rhythmic form of shaking that involves deliberate full body movement

Works with the clients natural rhythm

Effects are reflex only

# TECHNIQUE

Action moves the body as far as it will go, then allows it to return to the original position

Involves side to side movement of shaking, but more subtle

After 2 or 3 rocks, client's rhythm can be sensed

Goal - to work with the clients rhythm and not against

# PRIMARY EFFECTS

Sensory input affects the inner ear and feeds sensory input in cerebellum initiating parasympathetic response which = relaxation

# REFLEX EFFECTS

## MM

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TEST NEXT CLASS ON ALL THEORY