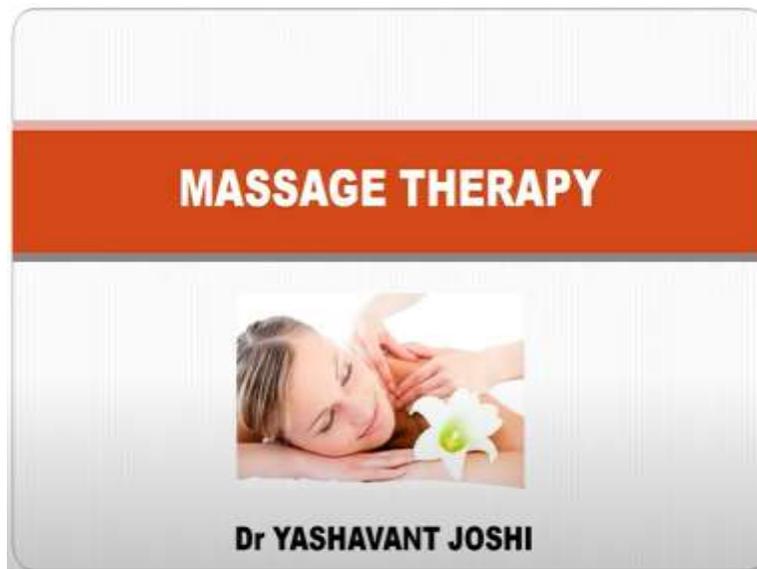


**Certificate in Integrative Palliative Care – 3**  
**Dr. Geeta Joshi**  
**Dr. Piyush Gupta**  
**Dr. Col. Yashavant Joshi**  
**International Institute of Distance Learning**  
**Indian Institute of Technology, Kanpur**

**Week-02**  
**Lecture 17: Massage Therapy**

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Hello, this is Shikha Gupta, naturopathy expert from Lucknow. I am practicing naturopathy since 23 years. Today, I will give presentation on massage therapy.

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## Massage Therapy

**Massage Therapy** is one of the oldest healthcare practices known involving manipulating the soft tissues of the body, improving the flow of blood and lymph, reduce muscular tension or flaccidity, enhancing tissue healing and more by exercising manual (hands-on) techniques. Generally, the massage therapist applies fixed or movable pressure, holding, and stretching muscles and body tissues to release the tension or pain.

Let's understand the massage therapy. Massage therapy is one of the oldest healthcare practices known involving manipulating the soft tissues of body, improving the flow of blood and lymph, reduce muscular tension or flaccidity, enhancing tissues healing and more by exercising manual hands on techniques. Generally, the massage therapist applies fixed or movable pressure holding and stretching muscles and body tissues to release the tension or pain.

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This is the picture of massage therapy.

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Feel better relieve stress and end pain.

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Top 10 reasons why you need to massage for pain relief, stress relief, increase circulation, boost immunity, improve posture and flexibility, lower blood pressure, relax muscle and mind, rehabilitates injuries, flush body toxins, regulates blood sugar level.

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**Ayurvedic Massage Therapy**

Relieves Muscle Tension & Promotes Relaxation

Massage therapy treatment is therapeutic, non-invasive and improve overall health condition & enhance wellness. Ayurvedic Massage Therapy borrows principles and medicinal knowledge from the Ancient Indian Ayurveda and combining it with science of pressure points in human body

Let us understand Ayurvedic massage therapy.

Massage therapy treatment is therapeutic, non-invasive and improve our overall health condition and enhance wellness. Ayurvedic massage therapy borrows principles and medicinal knowledge from the ancient Indian Ayurveda and combining it with science of pressure points in human body.

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**Ayurvedic Massage Therapy**

This form of Naturopathy treatment may be recommended for children and adults that can help with the following:

- Provides overall wellness
- Addresses postural distortions and misalignments
- Reduces stress, muscle tension, and stiffness
- Improves sleep, promoting deeper and easier breathing
- Helps depression and reducing anxiety
- Boosts the immune system
- Enhancing health and nourishment of skin
- Support the body's natural healing process & soft tissue injuries
- Improving blood circulation and efficiency of movement of lymph

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and malignants, reduces stress, muscle tension and stiffness, improves sleep, promoting deeper and easier breathing. Helps depression and reducing anxiety, boost the immune system, enhancing health and nourishment of skin, support the body's natural healing process and soft tissue injuries, improving blood circulation and efficiency of movement of lymph.

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## Different Types of Massage

The term "massage therapy" includes many techniques and is practiced differently in various Massage Therapy Centers. In Western countries like the USA, France, Italy the most common form of massage therapy practiced is referred to as Swedish or classical massage:

1. **Swedish/Classical Massage**
2. **Sports Massage**
3. **Deep Tissue Massage**
4. **Acupressure Massage**
5. **Neuromuscular Massage**

Let us understand the different types of massages. The term massage therapy includes many techniques and is practiced differently in various massage therapy center. In western countries like the USA, France, Italy the most common form of massage therapy practice is referred to as Swedish or classical massage. Swedish classical massage, sports massage, deep tissue massage, acupressure massage, neuromuscular massage.

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## 1. Swedish/Classical Massage

- The Massage Therapy Centre in the USA uses a combination of:
  - Kneading
  - Long, gliding strokes towards the direction of the heart
  - Deep circular motions
  - Vibration and tapping
  - Passive joint movement techniques
  - Friction techniques on the superficial layers of extrinsic back muscles
- To promote general relaxation, improve circulation and range of motion, and relieve muscle tension; lasting for 60–90 minutes.

Let's understand the first one, Swedish classical massage.

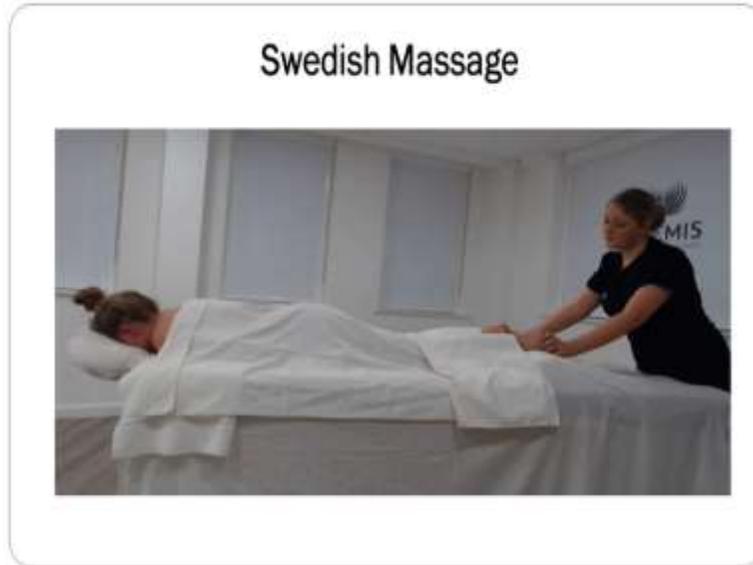
The massage therapy center in USA uses the combination of kneading, long gliding strokes towards the direction of heart, deep circular motion, vibration and tapping, passive joint movement technique, friction technique on the superficial layer of extrinsic back muscles to promote general relaxation, improve circulation and range of motion and relieve muscle tension lasting for 60 to 90 minutes.

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Understand the Swedish massage, tools are mostly hand and forearms.

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This is the picture.

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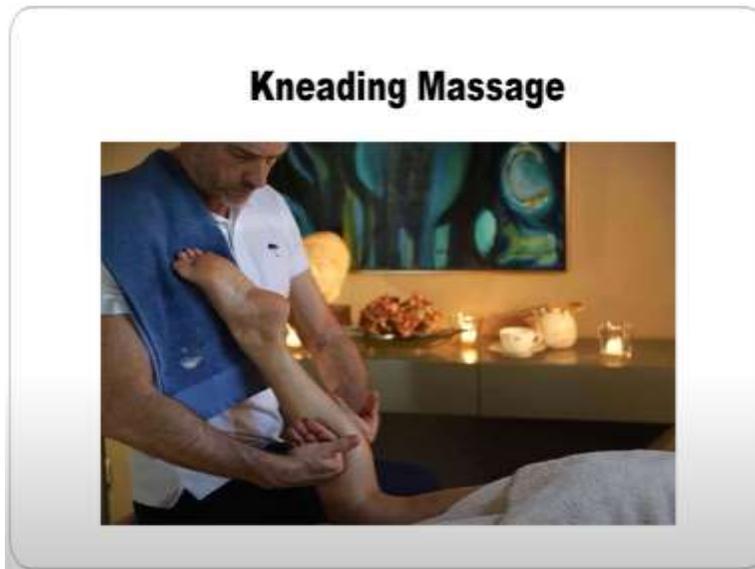
The five techniques of a Swedish massages. The effleurage is the most used technique.

It is a smooth sliding movement towards the heart tracing the counter of the body using the palms and the hands. Friction: Friction strokes exert pressure by placing the weight on one's body on the flat hand and the pads of the thumbs fingers and back of the forearms then release. Vibration: To perform the vibration the massage therapist shake or shake gently the flesh which the hand or fingertips and pass to another place and repeat

this movement. **Kneading:** This technique is a similar to kneading dough. It consists of lifting, rolling and pressing the flesh under the between hands.

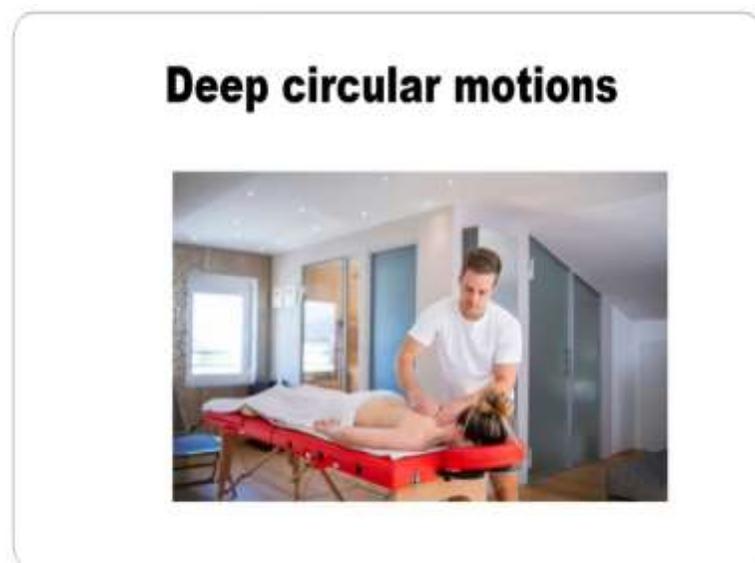
**Tapping:** Tapping or percussion is the fast jerky rhythmic movement that has stimulating or invigorating effects.

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This is the picture of kneading massage.

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Deep circular massage, let us understand the sports massage.

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## 2. Sports Massage

- Sports massage uses techniques adapted to deal with the effects of athletic performance on the body. Also, depending on the need of athletes during training, performance, and help in recovering from injury. This technique of massage is designed specifically to treat musculoskeletal injuries and pain lasting for 60–90 minutes.
- Deep pressure as per the need
- Soothing strokes to increase circulation and stretch tight tissues
- Kneading movements

Sports massage uses techniques adapted to deal with the effect of athlete performance on the body. Also depending on the need of athletes during training.

Performance and help in recovering from injury. This technique of massage is designed especially to treat musculoskeletal injuries and pain lasting for 60 to 90 minutes. Deep pressure as per the need. Soothing strokes to increase circulation and stress tissues. Kneading movement.

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## Back Massage



This is a picture of back massage. You have to lie down on bed straight away or you have to sit like this.

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Now let us understand the deep tissue massage.

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### 3. Deep Tissue Massage

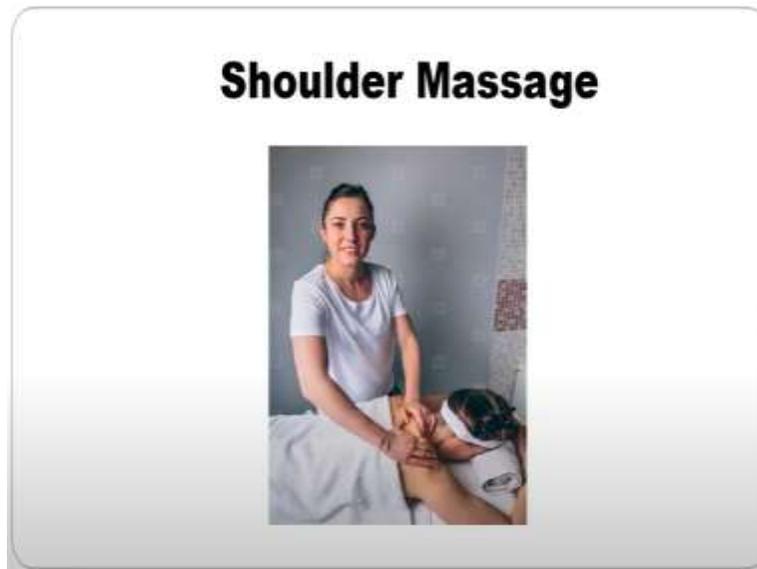
- Deep Tissue Massage is used to release chronic muscle pain, injury rehabilitation, low back pain, postural problems, neck pain, tennis elbow, muscle tension in the hamstrings, glutes, legs & upper back. Massage Therapists generally exercise more pressure than a Swedish massage to relieve tight muscles, chronic muscle pain, and anxiety. This treatment session lasts for 60–90 minutes.
- Slow deep strokes using the elbow, forearm, knuckles, and thumbs targeting the inner layers of your muscles and connective tissues
- Kneading & stroking with varying amounts of intense pressure
- Friction technique to release adhesions and realign tissue fibers

▪ **Note:** We recommend avoiding this therapy if you're overly sensitive to pressure. You may feel some stiffness or soreness after the massage but will subside within a day or so.

Deep tissue massage is used to release chronic muscle pain, injury, rehabilitation, low back pain, postural problem, neck pain, tennis elbow, muscle tension in hamstring, glutes, leg and upper back. Massage therapists generally exercise more pressure than a Swedish massage to relieve tight muscles, chronic muscle pain and anxiety.

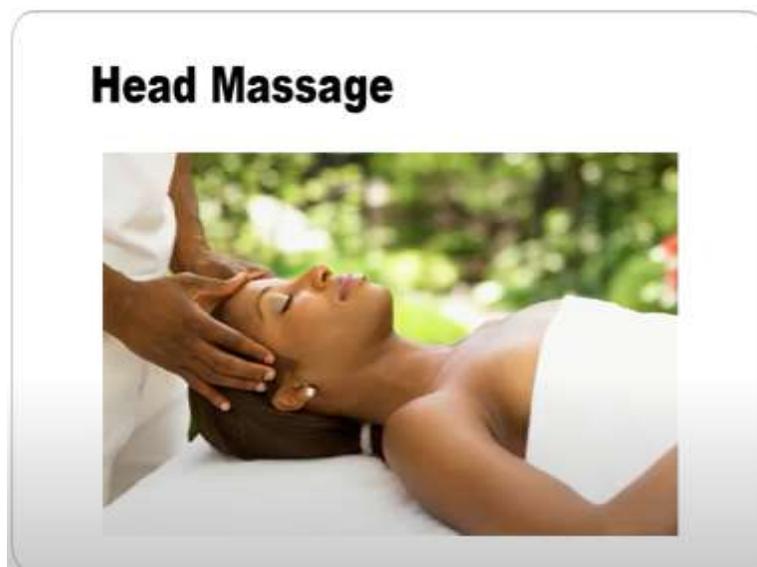
This treatment session lasts for 60 to 90 minutes. Slow deep strokes using the elbow, forearms, knuckles and thumbs targeting the inner layer of your muscles and connective tissue. Kneading and stroking with varying amount of intense pressure, friction technique to release addition and releasing tissues fibers. We are recommended avoiding this therapy if you are overly sensitive to pressure you may feel some stiffness or soreness after the massage, but will subside within a day or so.

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This is the picture of shoulder massage.

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Head massage, again head massage for lymphatic drainage massage.

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### 4. Acupressure Massage

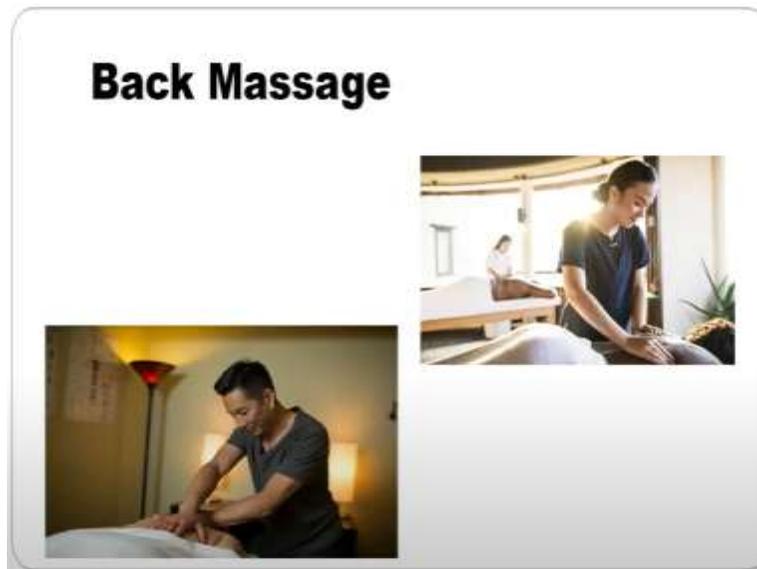
**Acupressure Massage is a common form of therapy to treat your health conditions naturally. Acupressure Massage helps restore balance by applying finger pressure to stimulate 12 major meridians that connect specific organs or networks of organs, organizing a system of communication throughout your body.**

Headaches, Menstrual Pain, Chronic Fatigue, Arthritis, Depression, and anxiety are some of the most common issues that benefit from acupressure. Though, it is recommended to visit the Acupressure Massage Therapist for best results.

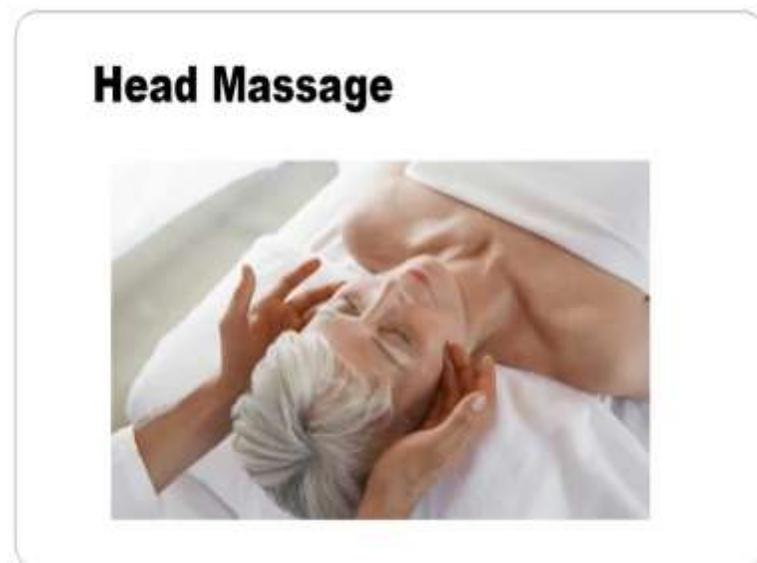
Let us understand the acupressure massage. Acupressure massage is a common form of therapy to treat your health conditions naturally. Acupressure massage helps restore balance by applying finger pressure to stimulate 12 major meridians that connect specific organs or networks of organs, organizing a system of communication throughout your body. Headaches, menstrual pain, chronic fatigue, arthritis, depression and anxiety are some of the most common issues that benefits from acupressure.

So, it is recommended to visit a acupressure massage therapist for best result.

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These are the picture of back massage, head massage, again shoulder massage pictures.

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### 5. Neuromuscular Massage

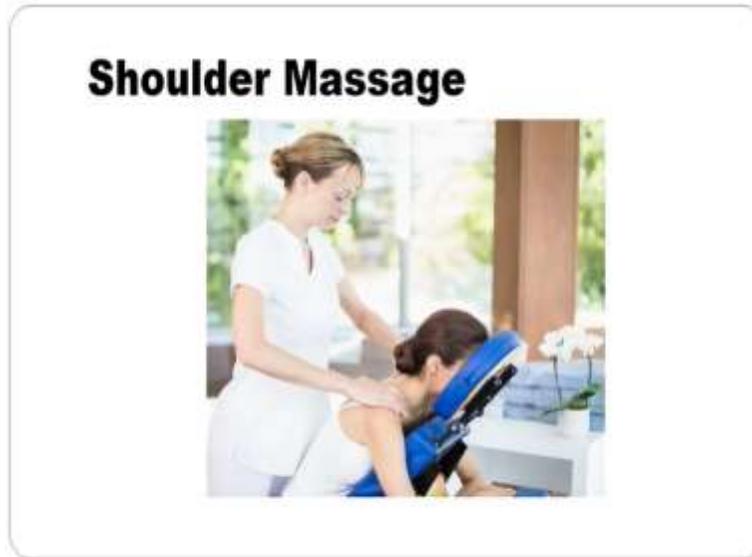
- A Neuromuscular Massage is a form of deep massage best suited for people who have injuries or chronic pain, primarily to release trigger points. This type of massage is also referred to as trigger point massage. Specific trauma, repetitive movements or even bad posture are some of the causes.
- This type of massage can be an appropriate treatment including low and upper back pain, knee pain, jaw pain, Temporomandibular joint pain (TMJ disorders), headaches and more; lasting for 60–90 minutes

Let's understand the neuromuscular massage. The neuromuscular massage is a form of deep massage best suited for people who have injuries or chronic pain primarily to release trigger points. This type of massage is also referred to as trigger point massage.

Specific trauma, repetitive movements or even bad posture are some of the causes. This type of massage can be appropriate treatment including low and upper back pain, knee

pain, jaw pain, temporomandibular joint pain, headaches and more lasting for 60 to 90 minutes.

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This is the picture of shoulder massage.

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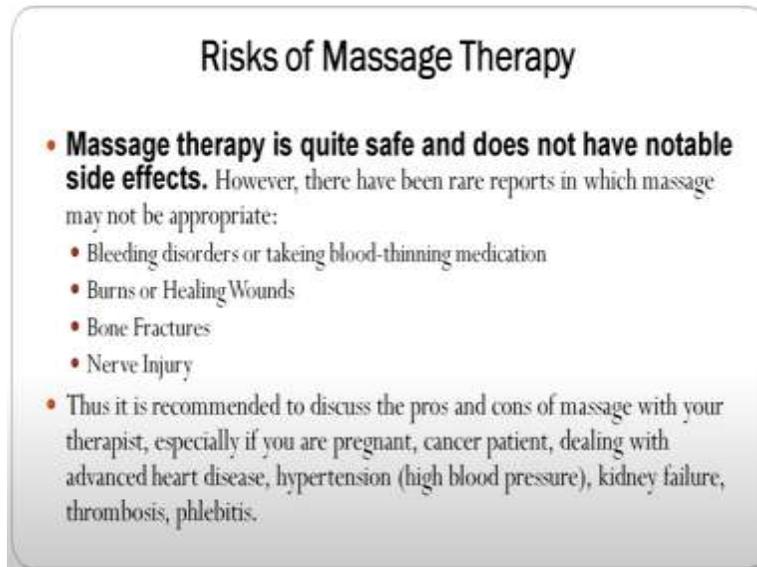
### **How Effective is Ayurveda Massage Therapy?**

**Research and studies on the benefits of massage therapy** confirm that it is one of an effective treatment to stave off pain and reduce stress and anxiety, muscle tension and improving digestive disorders. Though, many studies have discussed the risk involved in this form of naturopathic modality but fail to conclude any notable side effects.

Let's understand how effective is Ayurveda massage therapy. Research and studies on the benefits of massage therapy confirm that it is one of an effective treatment to stave off pain and reduce stress and anxiety, muscle tension and improving digestive disorder.

Though, many studies have discussed the risk involved in this form of naturopathic modality but fail to conclude any notable side effects.

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**Risks of Massage Therapy**

- **Massage therapy is quite safe and does not have notable side effects.** However, there have been rare reports in which massage may not be appropriate:
  - Bleeding disorders or taking blood-thinning medication
  - Burns or Healing Wounds
  - Bone Fractures
  - Nerve Injury
- Thus it is recommended to discuss the pros and cons of massage with your therapist, especially if you are pregnant, cancer patient, dealing with advanced heart disease, hypertension (high blood pressure), kidney failure, thrombosis, phlebitis.

Now understand risk of massage therapy. So, anything or any system or any procedure have multiple risk you have to understand. Massage therapy is quite safe and does not have notable side effect. However, there have been rare reports in which massage may not be appropriate.

Bleeding disorder or taking blood thinning medication, burns or healing wounds, bone fractures, nerve injury. Thus, it is recommended to discuss the pros and cons of massage with your therapist, especially if you are pregnant, cancer patient dealing with advanced heart disease, hypertension, kidney failure, thrombosis and phlebitis.

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## Can Massage help Cancer Patients?

- Studies state that this therapy **can work as supportive care** for cancer patients and counteract negative physical and emotional symptoms associated with cancer for all those who wish to try. Though there is no strong evidence stating that the practice can completely relieve pain and anxiety but has additional benefits attached to it.
  - Changes mood and quality of life
  - Ameliorates sleep patterns
  - Lessens pain and relieves stress
- **Note: Tumor or treatment sites must not be massaged and recommended to talk to your doctor first.**

Can massage help cancer patients? Let us understand. Studies state that this therapy can work as supportive care for cancer patients and counteract negative physical and emotional symptoms associated with cancer for all those who wish to try. Though there is no strong evidence stating that the practice can completely relieve pain and anxiety but has additional benefit attached to it.

Change mood and quality of life ameliorates sleep pattern, lessens pain and relieve stress. Tumor or treatment sites must not be massaged and recommended to talk to doctor first.

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## Cancer Patient Massage Research

- The major 2004 published American Study looked at the effects of massage therapy on 1,290 patients with cancer. Over the three year period, the treatment was continued and patient status for both i. or outpatient were analyzed and symptom scores were reduced by approximately 50%. The study concluded that the massage therapy sessions reduced pain, nausea, fatigue, anxiety, and depression.
- Here is the reference to the **Research Paper by Cassileth BR and Vickers AJ** on the topic Massage therapy for symptom control.

The major 2004 published American, American study looked at the effect of massage therapy 290 patients with cancer, over the 3 years period the treatment was continued and patient status for both that is all outpatient were analyzed and symptoms the scores were reduced by approximately 50 percent. The study concluded that the massage therapy sessions reduced pain, nausea, fatigue, anxiety and depression. Here is reference to the research paper by Cassileth BR and Vickers AJ on the topic massage therapy for symptom control.

So, I hope you will have an appropriate idea for this ancient massage therapy with acupressure or with acu Ayurveda marma point. Go through again this presentation and I hope you will enjoy. Thank you so much.