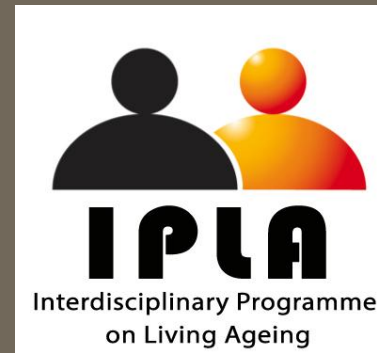


**Workshops on Quality of life in ageing.
Wellbeing/Complementary care**



Stress Management “Massage Technique”

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Stress

Feeling of being under pressure and anxiety to the point of being unable to function physically and mentally adequately.

Feeling of discomfort associated with unpleasant experiences associated with pain, feeling of being physically and mentally tired, disturbance of mental and physical state of the individual.

(ICN, 2011)

Coping

- Willingness to manage stress that challenges the resources that each individual has to satisfy the demands of life and patterns of selfprotector role that defend against threats, perceived as threatening self-esteem; connected with a sense of control, decreased stress, verbalization of acceptance of the situation, increased psychological comfort.

(ICN, 2011)

Massage "should be understood as a set to systematic maneuvers applied to the soft tissues of body surface, with therapeutic motivations".

Pinheiro (1998, p.110)

Massage is a complementary therapy, it is not proposed to formulate any theory or diagnose to the patient's condition. **Simply aims to contribute for improving the general health of the patient,** acting as a complement to conventional forms of treatment and never as a substitute.

(Rechtien et al., 2002)

Do not massage:

- inflamed area with visible lesions;
- cartilage conjunction of children;
- fractured areas or joints with lesions.

(Silva, 2010)

Relaxation Massage??

- Gentle pressure;
- Peaceful environment;
- Downward movements, which can be circular;
- Provide comfort to those who receive and who performs it.

A massage /**relaxation** includes 4 basic manipulations:

Sliding

Kneading

Percussion

Friction

(Rechtien et al., 2002)

“*Effleurage*”/Sliding/Deslizamento

Consists in sliding the hand or parts of them on the skin.

May be:

- superficial - is made with light pressure
- deep - with a stronger pressure.

(Rechtien et al., 2002)

In relaxation massage the pressure is lightweight and long movements.

Pétrissage*/Kneading/*Amassamento

The kneading movement is the compression of a muscle group, muscle, or part of a muscle. It should apply pressure to the working area, decrease the pressure, advance to an adjacent area and repeat the process.

(Wood and Becker, 1984)

This movement can be done kneading the segment to be treated with only one hand, between two hands, or pushing against a bone.

Relaxation Massage Benefits

- immediate welfare;
- improvement of general circulation;
- strengthening the immune system;
- Tension reduction;
- anxiety reduction;
- muscle toning.

To Consider:

- Give massage in a **quiet room** with **comfortable temperature**;
- Use a firm but comfortable surface;
- Have a bed sheet or towel to cover the person;
- If necessary, use a soft pillow for the head;
- If you use **massage oils**, make sure they are appropriate;
- **Do not put the oil directly to the skin of the person**;
- **Do not wear rings, necklaces or bracelets**;
- **If you use music, make sure it is relaxing.**

Some Studies

- Massage reduces headache or migraine after the first session.

(Fedman, 2009)

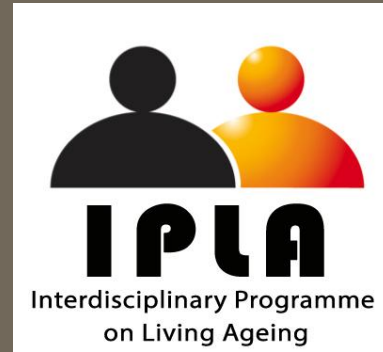
- Massage reduces stress.

(Rapaport, Schettler and Catherine Bresee (2010)

In Summary

Issues to consider in Massage

- Prepare the environment (temperature, light, oil / cream, music);
- Maintain a calm and confident posture;
- Obtain consent of the Person;
- Explain what will happen briefly, so that the person can relax without fear;
- Perform massage (do not lose contact / touch with the person throughout the massage);
- Allow the person to rest a few minutes after the massage;
- Assess the degree of satisfaction with the massage.



Massage Technique

Practice

- **Minute Massage (Demonstration – 1´ and Practice)**
- **Hands Massage (Filme Preview – 9´ and Practice)**
- **Global massage (Film Preview – 14´)**