

HEALING HANDS

OBJECTIVE/RATIONALE

The detrimental effects of stress has led many health care professionals to support the use of massage as a mechanism to promote wellness. The student will identify the systemic benefits of massage and its impact on different age groups.

TAKS ELA 1, 4

KEY POINTS

- I. What is massage therapy?
- II. Rationale for using - encourages the drainage of the lymphatic system and increases circulation to the tissues.
- III. Massage provides benefits in the following areas:
 - a. Nervous System
 - b. Skin
 - c. Muscles and joints
 - d. Circulation & Lymphatics
 - e. Digestion
- IV. Is the treatment palliative?
- V. Different types of massage for babies, athletes, elderly, stress, and injuries.
- VI. Criteria for obtaining massage therapy licensure.
- VII. Career opportunities in massage therapy.

****Teacher Note***

Parental permission is suggested for participation in laboratory investigation.

ACTIVITIES

- I. Compare and contrast, in cooperative groups, how massage should be altered to accommodate the special needs of babies, elderly, athletes, stress, and injuries.
- II. Complete the [Massage Therapy Activity](#).
- III. Create a massage that could benefit an age group, athlete, stress, or injury and present to the class.

MATERIALS / RESOURCES

Aromatherapy charts
Olive oil
Massage oils/lotions (students can select or bring their own)
Pillows or towels
Cosmetic pads
Zip lock sandwich bags
Chairs
Stethoscope
sphygmomanometer

Massage, Aromatherapy, & Yoga by Carole McGilvery, Jimi Reed, Mira Mevita ISBN #0-7548-0023

The Complete Idiot's Guide to Massage by Joan Budelovsky and Eva Adamson ISMN #0-02-862708-3

The Book of Massage by Lucind Lidell, Sara Thomas, Carola Beresford Cooke, and Anthony Porter ISBN #0-671-54139-0

http://www.yahoo.com/Health/Alternative_Medicine/ 

ASSESSMENT

[Oral Presentation Rubric](#)

Demonstration of massage for selected group or injury

ACCOMMODATIONS

For reinforcement the student will create a chart that shows pictures of different massage techniques for an age group, athlete, stress, or injury.

For enrichment, the student will research the benefits and techniques used for massage therapy for animals (dogs, cats, horses, etc.).

REFLECTIONS

Massage Therapy

Purpose:

Students learn how to execute three proper massage techniques.

Background:

Materials:

Aromatherapy charts

Olive oil

Massage oils/lotions (students can select or bring their own)

Pillows or towels

Cosmetic pads

Zip lock sandwich bags

Chairs

Stethoscope

sphygmomanometer

Procedure:

I. Oil Selection:

- A. Work with a partner and smell different oils* while reading about them from the aromatherapy charts.
- B. Select oil or lotion.

**Teachers: Soak a cosmetic pad with oil and place in a zip lock bag.*

II. The Massage:

Students should wear short sleeve T-shirts tucked into pants

A. Positioning and Comfort for Massager and Patient:

**Students should be advised of 'off limit' areas and to pay attention to the comfort zone of their partner.*

1. The student receiving the massage leans against the back of the chair. A pillow or towel can be used to cushion the back of the chair for comfort.
2. The massager must use proper body mechanics.
3. The student giving the massage introduces himself or herself to the receiver and explains the procedure.

**Common courtesy to be followed at the beginning of every massage.*

B. Three Techniques:

1. Effleurage: long soothing, stroking movements using a flat hand
 - a. Record pulse rate and blood pressure. Beginning at the base of the neck, the massager uses long gentle strokes with the palm of their hands. The strokes go across the shoulders and down the back. The massager can alternate their hands up and down the sides of the back. Proceed with long strokes from the shoulders down the upper parts of the arms.
Ensure that the strokes are smooth but not too fast or rushed.
 - b. The massager walks around to the front of their partner. Picking up their partner's right arm and supporting it with their left hand, the massager makes long strokes up and down the arm with medium pressure. A gentle pull to stretch the arm and then the massager slowly places the arm back on their partner's knee. Repeat the same on the other arm. Record pulse rate and blood pressure.
 - c. The students now trade places and let the receiver become the massager.
2. Petrissage: kneading, rolling, picking the skin up, and rolling muscles
 - a. Record pulse rate and blood pressure. Beginning with the original massager, the massager begins kneading the shoulders. The thumbs can travel up the base of the neck up to the occipital fossa (back of the head) at the end of each stroke. The massager should communicate with their partner to make sure their strokes are being executed with pressure that is comfortable.
 - b. The kneading of the shoulders should be continued proceed down over the shoulder to the upper arms and back up again.
 - c. The massager walks around to the front of their partner and facing them. The massager picks up their partner's arm and begins kneading the forearm up to the halfway point of the biceps. The stroke ends here and the massager comes back to the wrists and repeats the same stroke five times before moving to the next arm.
 - d. Now spread the little finger (5th digit) and thumb of partner's hand. The massager uses the thumbs to massage the palm of their partner. The massager now kneads each of their partner's fingers slowly towards the tip. Do each finger once. Record pulse rate and blood pressure.

- e. The students now trade places and the receiver is now the massager.
3. Friction: deeper penetrating massage using circular movements with the thumb, fingertips, or knuckles
 - a. (Starting positions the same.) Record pulse rate and blood pressure. Massager places a hand with fingers pointing upward on each side of the spine. (Remember to not massage directly on the spine.) Place pressure on each thumb and walk the fingers up each side of the spine. When reaching the base of the neck, curl hands and use the flat part of the fist (between the 3rd & 2nd phalangeal joint) to make medium circles downward along each side of the spine. The massager is kneading upward and knuckling downward.
 - b. The massager continues this pattern moving laterally from the spine.
 - c. End this technique by rubbing the entire back with palm for 15 to 30 seconds.
 - d. Record pulse rate and blood pressure.
 - e. The students now trade places and the receiver is now the massager.

Data:

Create a data table to record blood pressure, pulse rate, and stress levels (scale of 1-5 five being totally stress to one being total relaxation) before and after each procedure.

Conclusion:

1. Graph blood pressure, heart rate, and stress level changes on a bar graph.

2. Analyze the data collected and discuss the effects of the massage.

