

8. Regular massage prevents muscular wastage after injury.

Contra-indications to massage:

1. Over hairy areas can be irritating causing rash or discomfort.
2. Over recent wounds or operation scars – danger of stretching scar tissue.
3. Over bacterial inflammation – massage could spread this infection.
4. Over any internal inflammation e.g., arthritic flare up with painful swollen finger joints. Massage can worsen such conditions and should be postponed until the inflammation has subsided.
5. If neuritis or neuralgia (inflammation or pain, or both, in the nerves) is present, massage will irritate or aggravate the condition.

NOTE: Neuritis. Inflammation of a nerve (mono-neuritis) or several nerves (polyneuritis). Most of the conditions called neuritis do not involve inflammation and are better classified as neuralgia. True inflammation can be due to infection by viruses (e.g., herpes) or bacteria (e.g., leprosy) but often the cause is obscure.

6. Over varicose veins, due to the danger of causing inflammation of the veins or perhaps even a thrombus (clot).

NOTE: Varicose veins. Abnormal swelling of veins, usually in the legs. Blood is returned from the legs in two groups of veins. The deep veins accompany the arteries. They are surrounded by muscles, which support them and squeeze the blood along them. A system of one way valves ensures that the flow is upwards in the principle veins and inwards in the communicating branches. If these valves are defective, the blood stagnates, the pressure in the vein rises and the veins become swollen and tortuous.

Aching and fatigue is the commonest early symptoms. Because of back pressure on the capillary blood vessels fluid collects in the feet and causes them to swell. The skin above the ankles may become thin and discoloured and even break down to form a varicose ulcer.

The weakness of the valves which leads to varicose veins is sometimes hereditary, but the most important direct cause is prolonged standing – not walking, but standing still. Policemen and housewives are especially vulnerable. Obesity is a contributory cause; pregnancy has the same effect with the addition of pressure on the veins of the pelvis.

MASSAGE MEDIUMS

Use of cream, oil or talcum powder. In manicure, creams are often chosen, primarily because they are the least messy and more controllable in application and can be selected for nutritive and skin conditioning properties as well as for their primary lubricant properties. A massage cream should be selected for its slow absorption rate so that a five to ten minute massage can be carried out without the need to apply more cream. Some creams can be used as carriers for essential oils.

Whichever medium is chosen use enough to ensure that client comfort during the sweeping effleurage movement, but not so much that the hands skate inefficiently over the skin during effleurage and friction movements, or are unable to pick up the tissues during the petrissage movements.

HAND AND ARM MASSAGE

1. Ensure the client is comfortable and hands and arms supported on a soft but firm pad to prevent any muscle tension.
2. Clothing must be protected and disposable paper tissues tucked around and under cuffs and sleeve edge.
3. During massage hand contact should be maintained at all times and the movements made to flow continuously into each other, the hands returning to starting points with a gentle contact only. Any pressures should be directed towards the heart.

METHOD OF HAND AND ARM MASSAGE

1. EFFLEURAGE



Hold the underside of the client's wrist with one hand. With your other hand use the whole of your palm and fingers to stroke upwards from the wrist to elbow, on the top of the client's forearm.

As you reach this point, return your hand down on the underside of their arm. When you reach the wrist, repeat using your other hand. This time your first hand is supporting the client's wrist. This is one movement. All effleurage movements should be repeated about eight times.

2. PETRISSAGE AT WRIST

Find the two bony parts on either side of the client's wrist. Use your thumbs to press and slightly grind the bone against the skin this procedure is repeated in four places around the bone in order to cover the whole area.

3. ROTATE FINGERS

Take each finger individually and rotate approximately three times in each direction.

4. SLIDE BETWEEN METACARPALS



Feel between the fingers and the wrist. You will find the long bones connecting the fingers to the wrist. Using your thumbs, slide between each bone. A good guide is to start with your thumb just in the dent between the fingers and push gently upwards towards the wrist.

5. THUMBS IN PALM



Turn the client's hand over so that the palm faces you. Use both of your thumbs to rotate in quite firm circles over the palm.

6. KNEADING



Work your thumbs in firm, circular movements up the arm on top and on the underside. Keep circular movements on the way up, slide your hands down to reach the wrist and repeat several times.

7. EFFLEURAGE

Repeat the full effleurage procedure.

FOOT AND LEG MASSAGE

1. Effleurage

Position both the flats of your palms on either side of the lower shin, fingers pointing towards the knee. There should be a couple of inches between your hands so that no pressure is applied directly to the shin, as this can be very uncomfortable. With your hand in this position pointing towards the knee, stroke upwards. When you reach the knee, continue the stroke back down to the ankle, along the sides of the legs. This is one movement. All Effleurage should be repeated approximately eight times.

2. Petrissage

Locate the two bony parts either side of the ankle. Use your thumbs to press and slightly grind at four points around the ankle bone.

3. Rotate Ankle



Hold the ankle with one hand, use the other to hold the foot and rotate in both directions.