

## DIFFERENT TYPES OF MASSAGE TECHNIQUES

Dr.Amit Mukherjee<sup>1</sup>, Dr.Jinesh Kumar Jain<sup>2</sup> and Dr.Om Prakash Dwivedi<sup>3</sup>

<sup>1</sup>M.D. (Panchkarma), Assistant Professor, Department of Panchkarma, Rani Dullaiya Smriti Ayurved P.G. Mahavidyala evam Chikitsalaya, Bhopal (M.P.)

<sup>2</sup>Reader & H.O.D. (Panchkarma), Govt. (Auto.) Ayurveda College & Hospital, Rewa, (M.P.)

<sup>3</sup>Professor & H.O.D. (Sharir Rachana), Govt. (Auto.) Ayurveda College & Hospital, Rewa (M.P.)

**\*Corresponding Author: Dr. Amit Mukherjee**

M.D. (Panchkarma), Assistant Professor, Department of Panchkarma, Rani Dullaiya Smriti Ayurved P.G. Mahavidyala evam Chikitsalaya, Bhopal (M.P.)

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### ABSTRACT

In traditional massage, various levels of pressure and movement are applied to the body's soft tissue-skin, muscles, tendons, ligaments, and fascia (the membrane which surrounds the muscles). Though there are many specialized massage techniques being used today, the most widely practiced are Swedish Massage Therapy, Aromatherapy Massage, Deep Tissue Massage, Hot Stone Massage, Shiatsu (also known as Acupressure), Thai Massage, Reflexology (also known as Foot Massage), Sports Massage, Trigger Point Massage (also known as Myopoint Therapy), Muscle Energy Technique, Rolfing Massage, Watsu Massage, Champissage Massage, Breema Massage and Pregnancy Massage.

**KEYWORDS:** In traditional massage, Myopoint Therapy.

### INTRODUCTION

A good massage is truly a treat and offers many health benefits. There are various types of massage which involves working and acting on the body with pressure or moving, tension, motion, or vibration, done manually or with mechanical aids. Massage can be applied with the hands, fingers, elbow, knees, forearm, feet, or a massage device. Massage can promote relaxation.

### AIM AND OBJECTIVES

- 1). To study in detail of different types of Massage Techniques.
- 2). To study the therapeutic effect of different types of Massage Techniques.

### Swedish Massage Therapy

This is the most common type of massage therapy in the United States. It is also known as Swedish massage or simply massages therapy. The goal is to relax the entire body into a state of bliss. Massage therapists use long smooth strokes, kneading, and circular movements with a lubricated oil or lotion. The strokes are usually done in the direction of blood towards the heart. Swedish massage therapy can be very gentle and relaxing.



### Aromatherapy Massage

Aromatherapy massage is massage therapy with the addition of one or more scented plant oils called essential oils to address specific needs. The massage therapist can select oils that are relaxing, energizing, stress-reducing, and balancing, etc. Lavender is the most common essential oils used in aromatherapy massage. Different scents could be used on a per bases treatment. For example: Lavender is commonly used for treating depression, Chamomile is used for sleeping disorders, and Peppermint could be used for mental clarity. Aromatherapy massage is particularly suited to stress-related conditions or conditions with an emotional component.



### Deep Tissue Massage

Deep tissue massage targets the deeper layers of muscle and connective tissue. The massage therapist uses slower strokes or friction techniques across the grain of the muscle. Deep tissue massage is used for chronically tight or painful muscles, repetitive strain, postural problems, or recovery from injury. People often feel sore for one to two days after deep tissue massage. This type of massage is especially helpful for people with chronically tense or tight muscles in the neck, shoulders, or lower back.



### Hot Stone Massage

Heated-smooth stones are placed on certain points on the body to warm and loosen tight muscles and balance energy centres in the body. The hardness of the stone allows the therapist to address specific area problems with deeper pressure. The massage therapist may also hold stones and apply gentle pressure with them. The warmth from the hot water is comforting and relaxing.



### Shiatsu (also known as Acupressure)

Shiatsu is a form of Japanese bodywork that uses localized finger pressure in a rhythmic sequence. Therapists apply pressure with the thumbs, fingers and palms to specific areas of the clients body that is determines before the session. Each point is held for two to eight seconds to improve the flow of energy and help the body regain balance. People are normally pleasantly surprised when they try shiatsu for the first time. It is relaxing yet the pressure is firm, and there is usually no soreness afterwards. It is common to have a mixture of tapping, squeezing, and rubbing preformed during this type of massage. This combination is done to try to unblock energy blockages and continue a smooth flow of positive energy throughout the body.



### Thai Massage

Like Shiatsu, Thai massage aligns the energies of the body using gentle pressure on specific points. Thai massage also includes compressions and stretches. This massage is more energizing and rigorous than traditional massages. During the massage, the therapist moves and stretches you into a sequence of postures, almost like yoga. This is done to get the blood flowing into difficult areas. This technique also reduces stress, improves flexibility and range of motion.

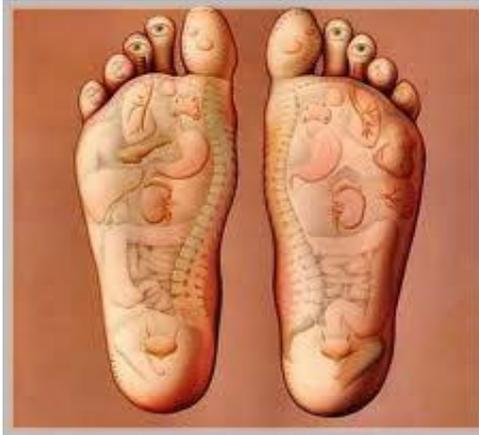


### Reflexology (also known as Foot Massage)

Reflexology involves applying pressure to certain points on the foot that correspond to organs and systems in the body. This technique is a mixture of massaging, squeezing, pushing and pulling. Reflexology is perfect for people who stand on their feet all day. The idea of this type of massage is that the foot is connected to every

part of the human body. By applying certain pressure to different areas in the foot, it will help health and

relaxation throughout the body as a whole.



### Sports Massage

Sports massage is designed for people who are involved in physical activity such as sports. This type of massage is done in preparation for optimal performance, recovery after difficult events, or to maximize potential during training. You do not have to be a professional athlete to get this type of massage. It is very commonly used by

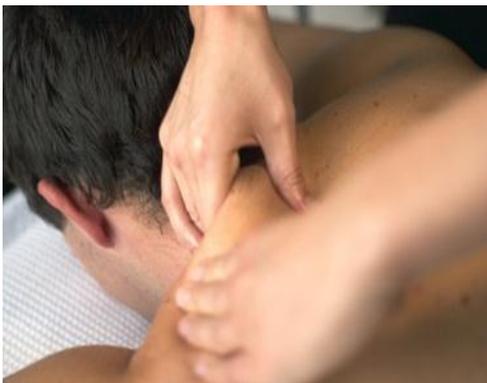
anyone who is physically active. This massage is also good for people with injuries, chronic pain or restricted range of motion. A combination of techniques is used when performing this type of massage. The strokes are generally faster than Swedish massage with more pressure. Stretching is commonly done to help to loosen muscles and increase flexibility during this massage.



### Trigger Point Massage (also known as Myopoint Therapy)

Trigger point massage is used on muscles that are restricted or tight in a certain area and are affecting the muscles around it. This type of massage is specifically designed to relieve the tension and pain in the isolated

area through releasing energizing endorphins and eliminating toxins in the muscle. This type of massage is known to have immediate effects on reduction of pain in that specified tense area. A lot of times this work is incorporated in with other types of massage.



### Muscle Energy Technique

Muscle Energy Technique is a massage that is based on the principle of a theory that explains that muscles on one side of a joint will always relax to accommodate the contraction of muscles on the other side of that joint when indirect pressure is applied. This principle is called reciprocal inhibition. This would be a good massage for athletes for preventative measures to guard against any future injuries. The procedure for this massage is to contract muscles for a short 5 seconds against an anti force provided by a therapist. This massage helps improve range of motion.



### Rolfing Massage

Rolfing is a form of bodywork that is influenced by physical therapy, yoga and osteopathy. The goal of Rolfing is to improve one's health by bringing parts of the body into the proper alignment. Poor posture, muscle tension and pain, mostly in the neck, upper and lower back are treated when practitioners use their elbows, fingers and knuckles to stretch and open fascia (the fibrous layers covering the muscles) to correct the patterns of habitual misalignment of the shoulder, head, pelvis and legs. Rolfing helps open up breathing, improve digestion and balance the nervous system. Treatments are suggested to include about 10 weeks of 1-hour sessions, with each session focusing on a different part of the body.



### Watsu Massage

Watsu is a very different type of massage therapy that was developed in 1980 to apply Zen Shiatsu students stretches while floating in a warm pool. The name Watsu comes from a combination of water and Shiatsu. There are few specific places where this 98.6-degree (the exact temperature of your body) pool can be found (California, Arkansas, Florida, for example). During Watsu, the massage therapist cradles your body, while you wear floats around your ankles to help you with your buoyancy. The therapist twirls you in circles one way, and then the other, putting your body through a series of passive stretches and twists. The stretching in the buoyancy of water allows the spinal column to be moved in ways that aren't possible while on land.



### Champissage Massage

Champissage is a traditional form of an Indian Head massage. The name is originated by Champi which means head massage and a massage. The focal points are the neck, face, arms, eyes, scalp and ears. This form of massage has been practiced in India for over 1000 years with slight changes that are unique to different people. Champissage is beneficial to the body and helps you relax while rejuvenating you.



### Breema Massage

Breema is a form of massage that helps strengthen your body, immune system and self-defensive. This is an effective way to enhance the natural balance to the body and mind. Breema does not require any special conditions while being performed. This is different types of stretches and holds with the therapist's natural weight. Breema stands for Being Right Now, everywhere, Every Moment, Myself Actually. It is considered an indispensable treatment, which unifies the mind, body and spirit.



### Pregnancy Massage

Pregnancy Massage is similar to a regular, Swedish massage, but different as the receiver is pregnant. It is very important for the therapist to have knowledge of the anatomy of a pregnant woman as well as, not massaging certain parts of her body. You should do your research and make sure your therapist is certified in this type of massage. Usually, the receiver is set up to lie down in a semi-reclining position (you should never use tables that have a hole cut out for the belly). Pregnant Massages can be useful for labor and easing labor pain, increases blood circulation, reduces swelling and provides support for the new mother with physical and emotional strains of mothering.



### DISCUSSION AND CONCLUSION

Therapeutic needs don't only vary from person-to-person, but also from day-to-day. That's why massage Envy offers a variety massage types to choose from. With variations in pressure, technique, areas of focus and desired outcome, visit is a chance to find your new favourite massage. Some massages are more soothing than others, leaving you feeling like you've been wrapped in a cloud and the "reset" button pressed on your body.

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