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Ecological, Economic and Social Sustainability

Istanbul Gelisim University

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Department : Physiotherapy and Rehabilitation

Course Title : MASSAGE AND PALPATION TECHNIQUES / FTY247E

Week : Week 9

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COURSE INFORMATION

Date and Time : 16.12.2022 / 14:00

Credits : 3 Credits

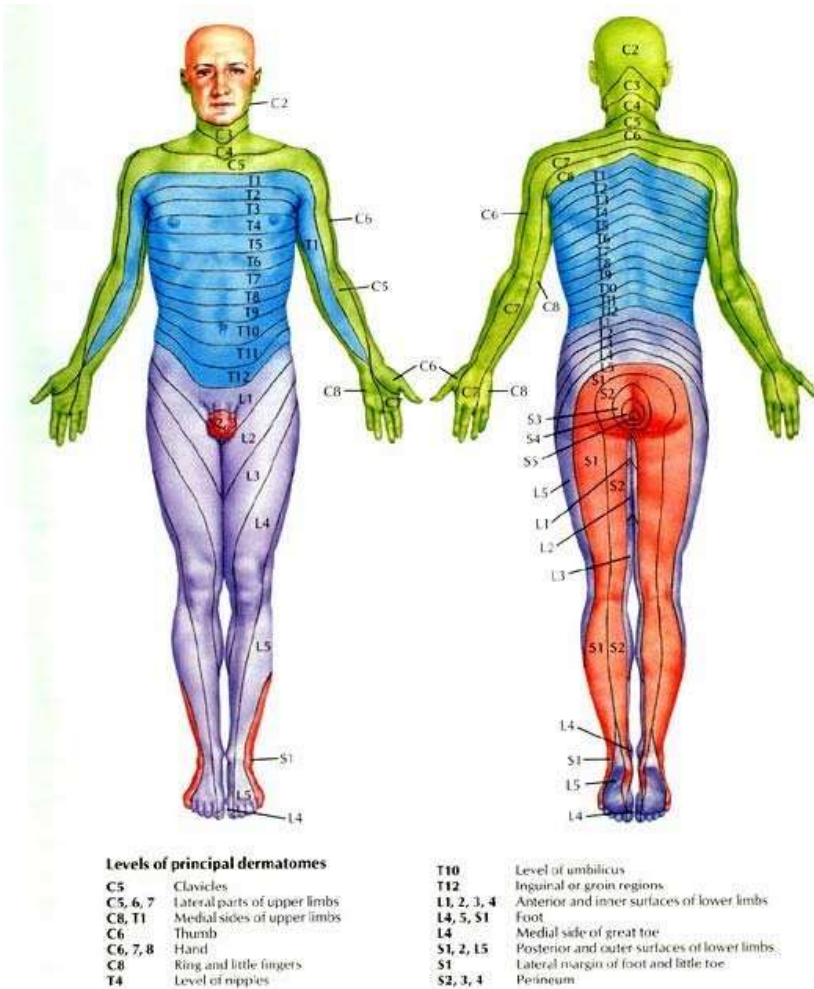
GBS Link : <https://gbs.gelisim.edu.tr/en/DersMenuSayfa/Ders?url=lessondetails&dersID=12114&bolumID=316&fakulteID=17&langID=2>

Visiting Day and Time : TBA

Lecturer's Office : TBA

- In a healthy body, all the functions of the organism are in a certain balance and harmony.
- Both Western and Eastern philosophies argue that pathology of any organ or system is not isolated and leads to some changes in the whole body.

- In any disease condition, the harmony between the central nervous system, autonomic nervous system and hormonal systems is impaired.
- This disorder is reflected to the body surface that shares the same segmental innervation with the diseased organ, as a change in tension at the connective tissue.



- Connective tissue massage is a reflex therapy technique applied to restore balance between the sympathetic and parasympathetic components of the autonomic nervous system and to stimulate the autonomic nerve endings with the force applied to the connective tissue.
- The aim is to treat somatic and visceral pathologies by using the local or reflex effects of connective tissue massage.

- **The Effects of Connective Tissue Massage:**
- **1-Local effects:** Cutting sensation, redness and swelling appear at or near the stimulation site.
- **2-Segmental effects:** Other structures and veins which innervated from the same segment are affected.
- **3-General effects:** Impulses reach autonomic centers and initiate endocrine responses.

Reactions That Occur by Connective Tissue Massage

- Pathological condition that occurs in any structure is reflected to other tissues and the functions of the whole organism are change.
- Connective tissue massage affects blood flow in various tissues.

Reactions That Occur by Connective Tissue Massage

- Changes in the circulation of the cutaneous tissue also affect blood circulation in the muscles, organs and nerves.
- Massage, on the surface of the body, allows the circulatory pathways of the other regions in the organism to open by affecting the circulation in the desired area.

Reactions That Occur by Connective Tissue Massage

- How the mechanical stretching stimulus applied with massage affects the circulation is still being investigated.
- But it is certain that the autonomic reflex pathway is involved and that results with hormonal response.

Reactions That Occur by Connective Tissue Massage

- The severity and duration of reactions to connective tissue massage vary depending on the severity of the pathological condition and the strength of the stimulation.
- These reactions can be examined in three parts:
 - The feeling of the patient
 - Skin reaction
 - General reactions

Feeling of the Patient

- When connective tissue massage is applied to a healthy tissue, the patient will sense a very slight scratching or cutting sensation.
- In tense tissues, a very sharp cutting sensation will occur, which can also be achieved by applying a slight pressure and contacting the fingers with a narrow angle.
- This sharp cutting or scratching sensation is the typical feeling showing that the technique is applied correctly.

Feeling of the Patient

- Also, it indicates a successful circulation answer.
- When the tension is reduced, the severity of the cutting sensation is also reduced.

Skin Reaction

- A dual vascular reaction is observed when connective tissue massage is applied to a healthy tissue.
- The first reaction is a red line on the area that is stroked.
- This line is called "**dermographia rubra**".



Skin Reaction

- This red line occurs in a few seconds after the stroke, reaches its highest level in 30-60 seconds and gradually fades.
- It may take a few minutes or more than an hour to disappear.
- The strength of the stimulus and the number of repetitions also affect the duration of this red line.



Skin Reaction

- A second visible reaction may occur when the stroke motion is strong or repeated several times on the same line.
- The first red line is spread around after a few seconds.
- The second reaction is a sudden redness that can spread around this first line at various distances.



Skin Reaction

- The outline of this suddenly flashing redness is not certain and begins to fade more quickly than the first line.
- If the color of the redness is dark, the disappearance takes longer.
- These effects are due to histamine.
- The reaction is both sympathetic and parasympathetic.

Skin Reaction

- A third reaction may be seen on a sensitive skin or with an appropriate severity stroke that repeated several times.
- This is a slight sudden swelling surrounded the first line and usually beyond it.
- The emergence of this swell, called the **dermographia elevata**, takes three minutes.



Skin Reaction

- Then it fades and main lines of it disappears.
- It may take hours to disappear entirely.
- The first reaction is always seen from these three reactions and the other two depend on the severity and the number of repetitions.

General Reactions

- Peripheral circulation is considered to be increased due to the application of connective tissue massage.
- Based on the studies done until now and clinical experiences, it has been found that this technique has wide effects.
- It was found that is not only effective in peripheral circulation, but also makes general changes in the organism and affects the function of the viscera.

Some of these general changes are:

- **Sweating:** Some patients start to sweat a lot during treatment and this sometimes continues for a long time after the end of treatment.
- **Changes in Peripheral Temperature:** Patients often say that they feel warmth in their limbs, like their hands and feet. This warmth doesn't only occur with peripheral application, it can also occur in the treatment of other areas like the back.

Some of these general changes are:

- **Decrease of Functional Symptoms of Internal Organs:**
- Teirich-Leube (1962) treated the symptoms of urinary incontinence which occurred after past urinary infections and related symptoms such as back pain, paresthesias, cramping in the thighs, cold feet caused by foot circulation disorder, with connective tissue massage.

Some of these general changes are:

- **Decrease of Internal Organs Pain:**
 - With connective tissue massage strokes, autonomic nerve endings are considered to be stimulated.
 - Thus, local axonal reflexes and the effects of sympathetic vasoconstrictors decrease and as a result, local blood flow is increased by the dilatation of the arteries.
 - With this mechanism, it is thought that the connective tissue massage solves the subacute or chronic inflammation, and the pain-causing chemicals to move away from the tissues.

Situations Where Connective Tissue Massage is Dangerous

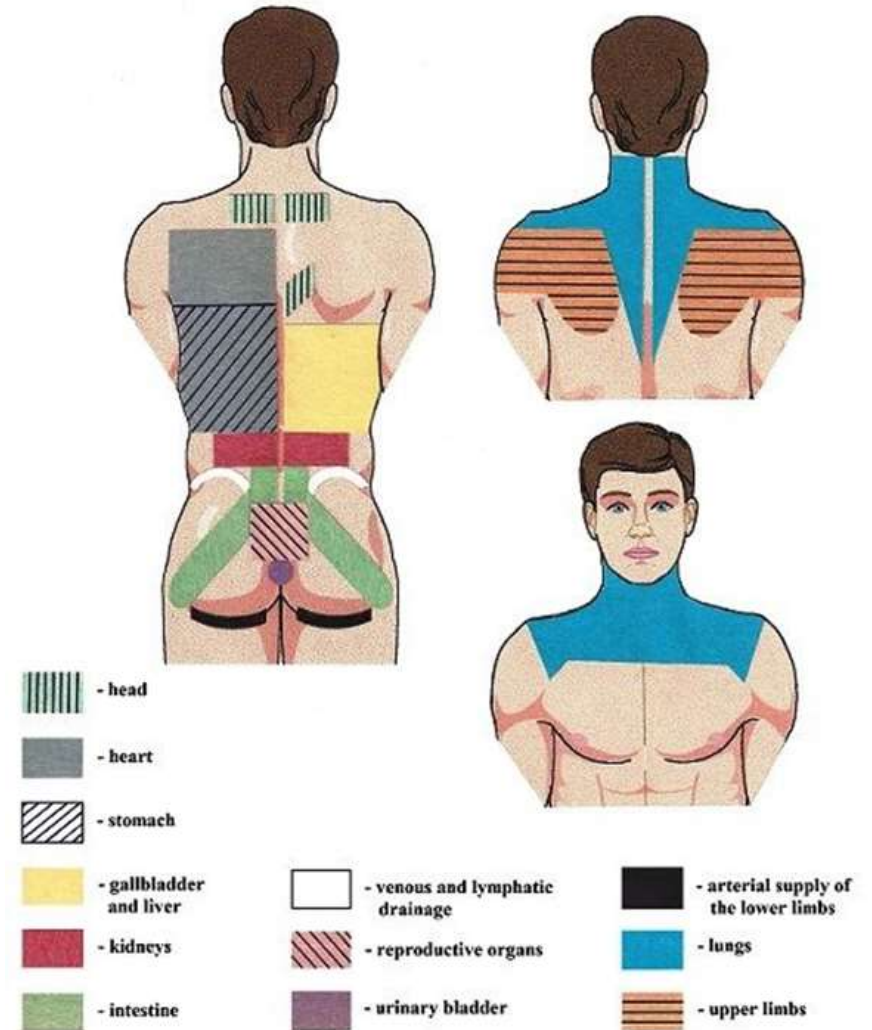
- Malign tumors
- Tuberculosis
- Uterine myoma
- Acute inflammation of internal organs
- In mental diseases



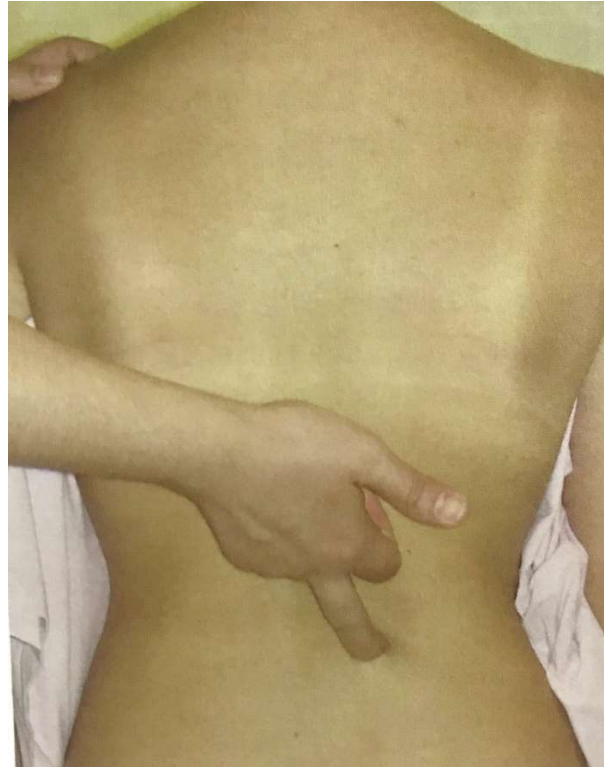
connective tissue massage should not be applied.

Connective Tissue Zones

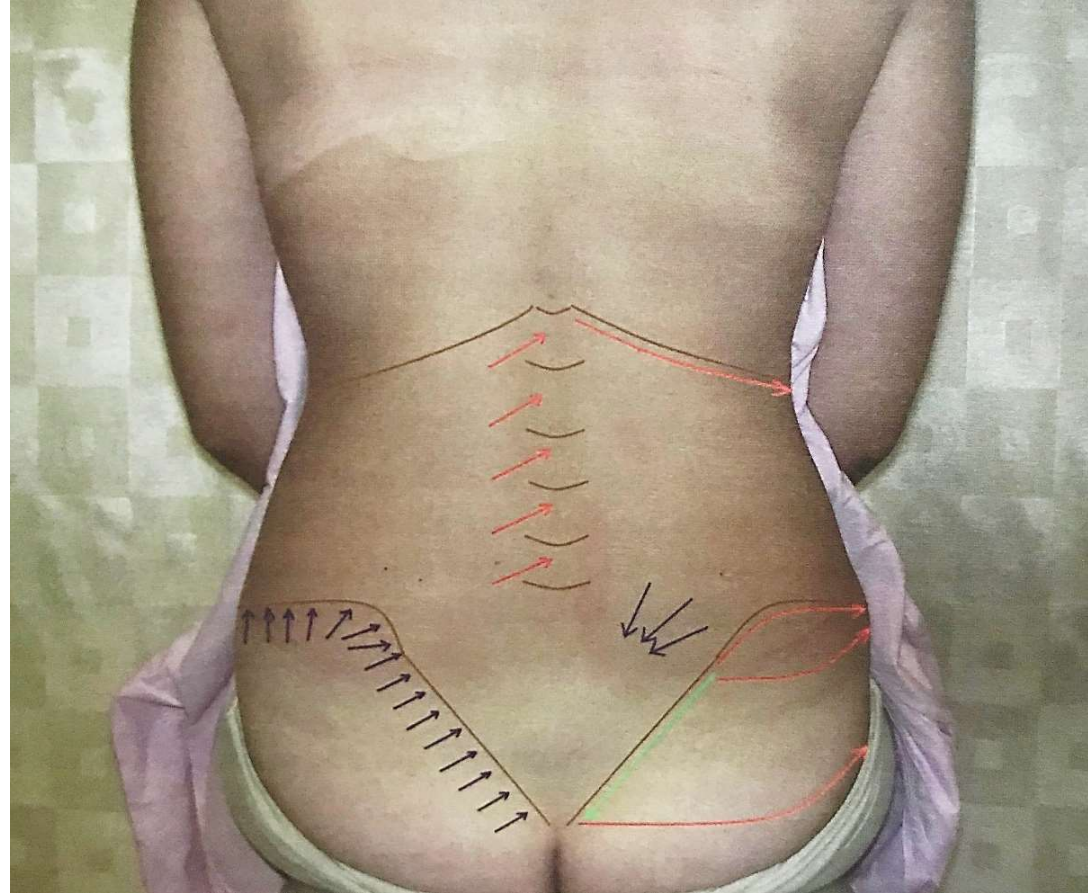
CONNECTIVE TISSUE ZONES



APPLICATION OF CONNECTIVE TISSUE MASSAGE



BASIC REGION





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