

Adaptive Massage Part I

Introduction

Basic skills of therapeutic massage vary little from situation to situation.

Differences arise from individual differences between clients.

Therapist's responsibility is to learn as much about a client's situation as possible.

Clinical Reasoning Model

1. Gather facts to identify and define the situation.
2. Brainstorm possible solutions.
3. Evaluate possible interventions; look at pros and cons.
4. Evaluate the effect on the people involved.
5. Develop an intervention plan and justification statements.

Animal Massage

Encourages animal's own healing and wellness processes

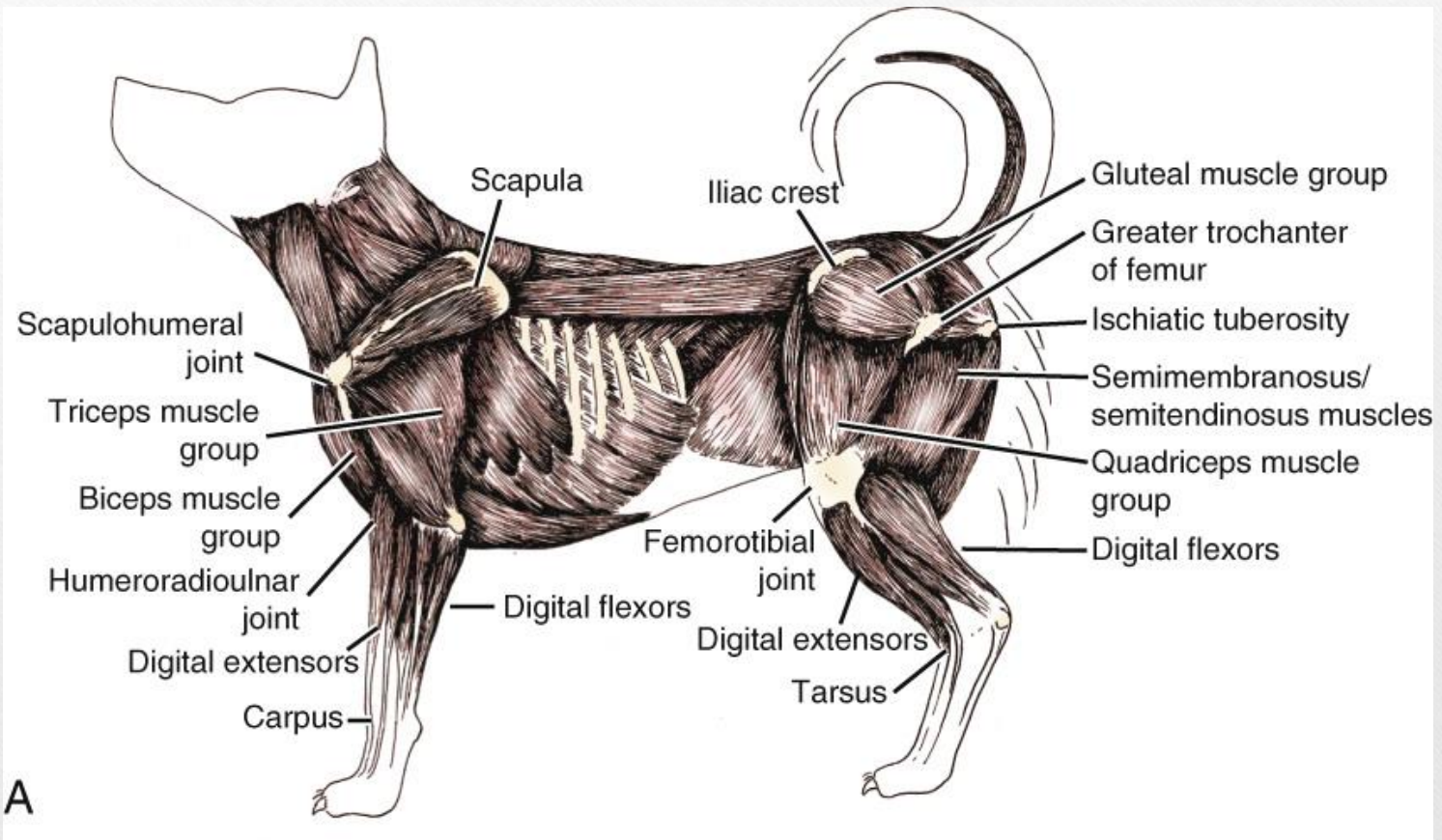
Massage is more than petting

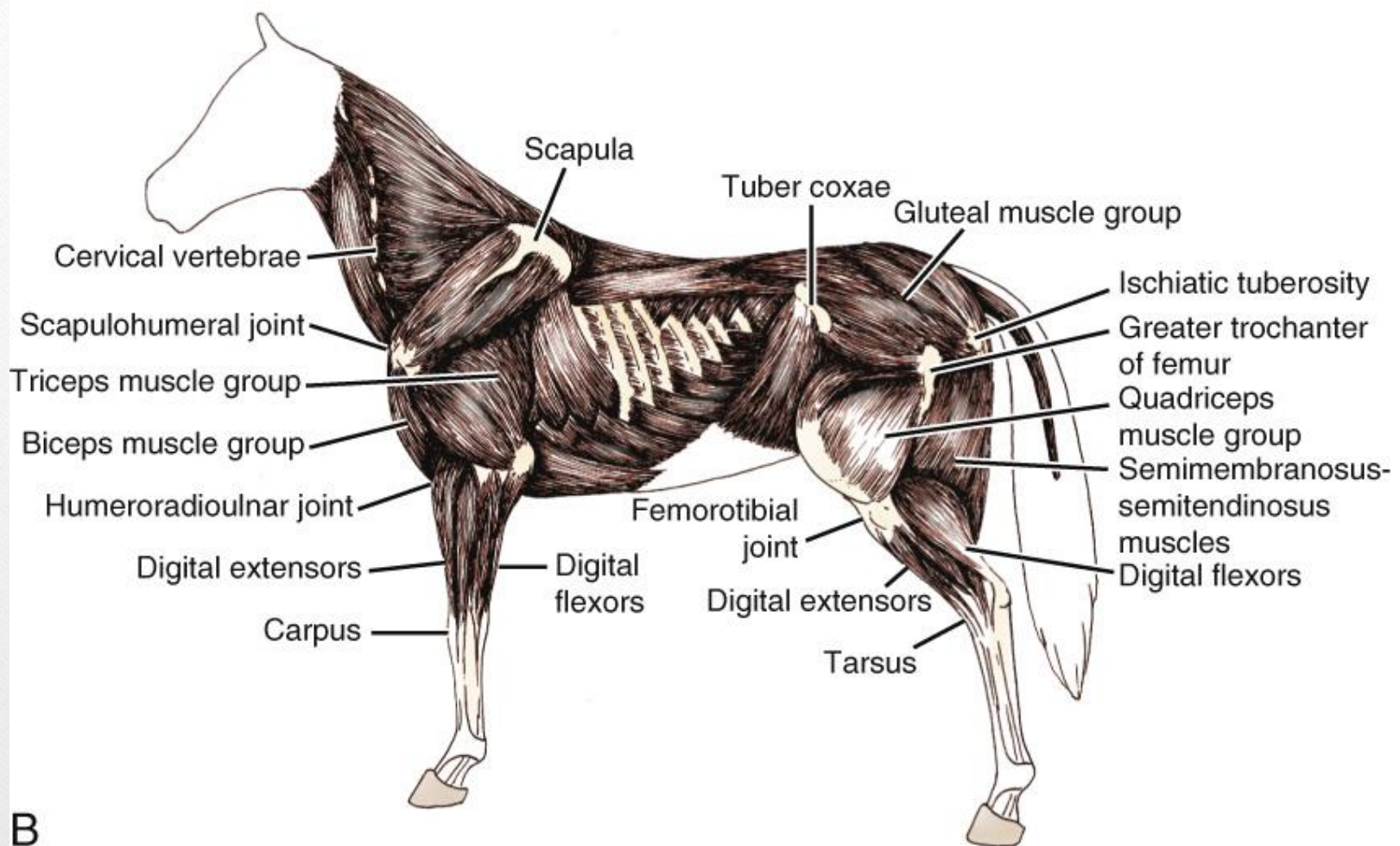
Deliberate, focused technique

Methods used for humans are used for animals; adapt for specific species anatomy

Animal massage should never be substituted for proper veterinary care.

Canine and Equine Musculature





B

Body of Knowledge for Animal Massage

Requires additional training in:

Animal behavior and handling

Training tools

Anatomy and physiology specific to the animal

Kinesiology and biomechanics

Massage training

Pathology

Communication

Rules for dealing with unfamiliar animals:

Do not approach or reach for an unfamiliar animal.

Do not make quick movements toward an animal.

Do not stick out a hand for an animal to smell.

Do not make direct eye contact.

Do not stand over most animals.

Do not speak loudly or sharply to animals.

Speak softly and in a gentle tone.

Do not make direct eye contact or stand over most animals, because this is threatening to many species of animals.

Speaking loudly or sharply or making quick movements can frighten animals.

Examples of Animal Massage

The best advice is to become familiar with the gestures and signals of the animals you are going to massage.

For small animals like dogs and cats, sit down on the floor and wait for the animal to approach you.

For large animals like horses, stand still, look down and wait for the animal to approach you.

Rely on the human caregiver to comfort the animal and stay by its side and never force an interaction.



Massage Benefits for Animals

Improves circulation

Aids the elimination of wastes and toxins

Increases flexibility and function of the joints

Helps maintain posture and body balance

Stimulates metabolism, aiding weight loss

Improves muscle tone

Enhances range of motion and gain function

Promotes a healthy skin and coat

Helps age-related problems and assists in recovery from injury or surgery

Helps reduce muscle atrophy resulting from inactivity or disuse

Relieves muscle tension, soreness, and spasms

Aids in the elimination and prevention of muscular adhesions and connective tissue changes

Shortens the time required for rehabilitation of soft tissue injuries

Reduces chronic pain and discomfort caused by arthritis, hip dysplasia, and other conditions

Calms hyperactive, anxious, and nervous animals

Counteracts the effects of stress and anxiety

Builds trust and acceptance of being touched

Supports bonding

Animals that Benefit from Massage

Working animals, such as dogs and horses

Entertainment and education animals

Athletic animals

Older animals

Infant and adolescent animals

Shy or recently adopted animals

Animals recovering from injury or undergoing postoperative rehabilitation

Animal massage bestows some very important benefits on the person doing the massage as well.

Research has shown that when stroking an animal, people relax and their blood pressure drops.

Providing Massage for Animals

History and assessment

The animal's name

Any medical problems

Is the animal used to being handled?

Does the animal bite?

Is the animal easily frightened?

Massage therapists need to be alert for problems that can be indicated by body temperature, texture of the skin and muscle fibers, tenderness of certain areas, and tension.

Massage application

Pressure – varies with size of animal

Drag – hair, fur, and feathers impede drag

Direction – varies according to desired outcome

Duration – varies by animal's acceptance and condition
(15-20 min up to 60 min)

Frequency – daily for 10-30 min for healthy animals;
every other day for those with disease or injury

The superficial fascia and deeper tissues can be worked by lifting the skin (which may be quite loose) and then using various mechanical forces to move the tissues into ease and bind.

Special Considerations for Horses

Do not jump around or move suddenly, do not wear shiny or noisy jewelry or strongly scented products, and do not behave nervously around horses.

Wear hard-toed shoes or boots.

Avoid quick, sudden movements.

Keep all equipment away from the work area unless it is being used at the moment.

One of the most common horse-related injuries is having a foot stepped on.

Start massaging on the left side of the neck and work toward the rear of the horse.

Then repeat on the right side.

When changing sides, either walk far enough away to avoid getting kicked or stay close to the horse's rear quarter with a hand on the rump, to break the momentum of the kick.

Be aware that some horses are ticklish and may become fidgety.

Areas that have few muscles and bones near the surface, such as the face, legs, and hips, should be massaged carefully and gently.

Stand near the horse during the massage and use fluid, rhythmic movements, not quick, jerky movements that are likely to startle the animal.

When massaging the legs, bend at the hips or remain in a squat position.

Do not sit on the ground or rest one or both knees on the ground.

These are committed positions, which means that once you are in them, it takes longer than a split second to get out of them.

In committed positions, if the horse should become frightened, the time it would take you to move away from scrambling hooves and the chance of becoming seriously injured are increased.

Pain Management

Animals' behavior changes in response to pain

Acute pain may produce aversive reaction

May bite or flee

Chronic pain may produce subtle behavior changes

Animals in pain often withdraw from their social group, choosing instead to remain alone, to be less active, and to be less responsive to external stimuli.

Persistent pain sometimes causes an animal to traumatize the area that hurts, typically by excessively scratching, rubbing, biting, or licking the site.

Pain Behavior in Cats

Appear quieter, less alert, and withdrawn

Body movements are stiff and they are unwilling to move

If severe pain, may lie still or adopt an abnormal posture to minimize discomfort

Restlessness if less severe pain

Shivering and increased respirations with panting

Licking or scratching affected areas

Penile protrusion and frequent urination also may occur.

A dog in pain may have an anxious look, and it may seek a cold surface on which to lie.

When handled, the dog may be abnormally apprehensive or aggressive.

Pain Behavior in Cats

Quiet and have an apprehensive facial expression

May cry or yowl

May growl or hiss if approached or moved

Tendency to hide

Posture becomes stiff and abnormal

If severe pain, may show frantic behavior and try to escape

Panting, licking, increased pulse

Touching or palpating a painful area may produce an instant and violent reaction.

A cat in chronic pain may have an ungroomed appearance and may show a marked change from its normal behavior.

Cats in pain show fear of being handled and may cringe.

Pain Behavior in Horses

Periods of restlessness

Food is held in the mouth uneaten

Anxious appearance

Dilated pupils and glassy eyes

Increased respiration and pulse, flared nostrils, profuse sweating, rigid stance

May get up and lie down frequently, walk in circles, or roll

Reluctance to be handled

With prolonged pain, the animal's behavior may change from restlessness to depression, with the head lowered.

With pain associated with skeletal damage, the limbs may be held in unusual positions, the head and neck are "fixed," and the horse may be reluctant to move.

Pain Medication for Animals

Opioid agonists

Can depress CNS and affect breathing and consciousness

NSAIDs

Local anesthetics

Local contraindication at injection sites

Topical analgesics

Massage can be used to apply and enhance action

The side effects of NSAIDs are similar to those seen in humans: altered pain perception and a tendency for increased bleeding and bruising, which would influence the amount of compressive force delivered during massage.

Massage Adaptation for Women During Pregnancy, and Pediatric and Geriatric Populations

Pregnancy

First trimester

Symptoms may include:

Mood swings, nausea, frequent urination, constipation, breast changes, blood pressure changes, taste and smell

Massage considerations

General wellness massage indicated

Avoid deep work on abdomen

- *During the first trimester of pregnancy, surface stroking is a good technique because is it pleasurable and safe.*

Second trimester

Symptoms may include:

Joint looseness, possible carpal tunnel syndrome, edema, pre-eclampsia, supine hypotension, shortness of breath

Massage considerations

Support abdomen

Side-lying position

Proper supports for head and between knees

Avoid deep abdomen work

Third trimester

Symptoms include:

General discomfort, breathing pattern disorders, edema, fatigue, sleep disturbances, frequent urination

Massage considerations

Gentle and supports comfort

Assists circulation

Allow client to use restroom often and change position frequently

Warning Signs of Pregnancy at Risk

requires immediate referral

Vaginal bleeding

Severe, continuous abdominal pain

Breaking of water (rupture of membranes)

Preeclampsia, edema, dizziness, elevated blood pressure, severe headache

Fever, frequent and painful urination

Excessive vomiting

Excessive itching (occasionally may suggest a liver or kidney dysfunction [cholestasis])

Prenatal Massage



A, Assist the client onto the table.

B, Bolster.

C, Perform the massage as for the side-lying position.



D, Gentle massage of the baby.

E, Client bolstered in the supine position.

Prenatal Massage



F, Massage of the lower back.

G, Client in seated position while support person is taught technique.



H, Effective seated positioning.



I, Massage the face with focus and intention.

J, Client's partner performs supportive massage.

Recommendations for Massage During Pregnancy

General massage

Do not massage vigorously or extremely deeply

Do not overstretch

Do not massage the abdomen other than with superficial stroking

Avoid massage on the inside of the ankle

Watch for fever, edema, varicose veins, and severe mood swings.

Avoid massage on the inside of the ankle because a reflex point in that area can stimulate uterine contractions (this area is located on the spleen meridian)).

After birth, postpartum depression can become a serious problem for some women. Refer a client with these conditions to her physician immediately.

Massage During and After Labor

Massage of the lower back and stroking of the abdomen may provide comfort and a point of focus during labor.

Massaging the feet often is helpful.

Massage may be avoided during transition phase as the mother may not wish to be touched during this time.

Massage can relax the body and divert the attention of the nervous system, thereby providing distraction during early labor. Labor proceeds easier and faster if the woman is relaxed and works with her body.

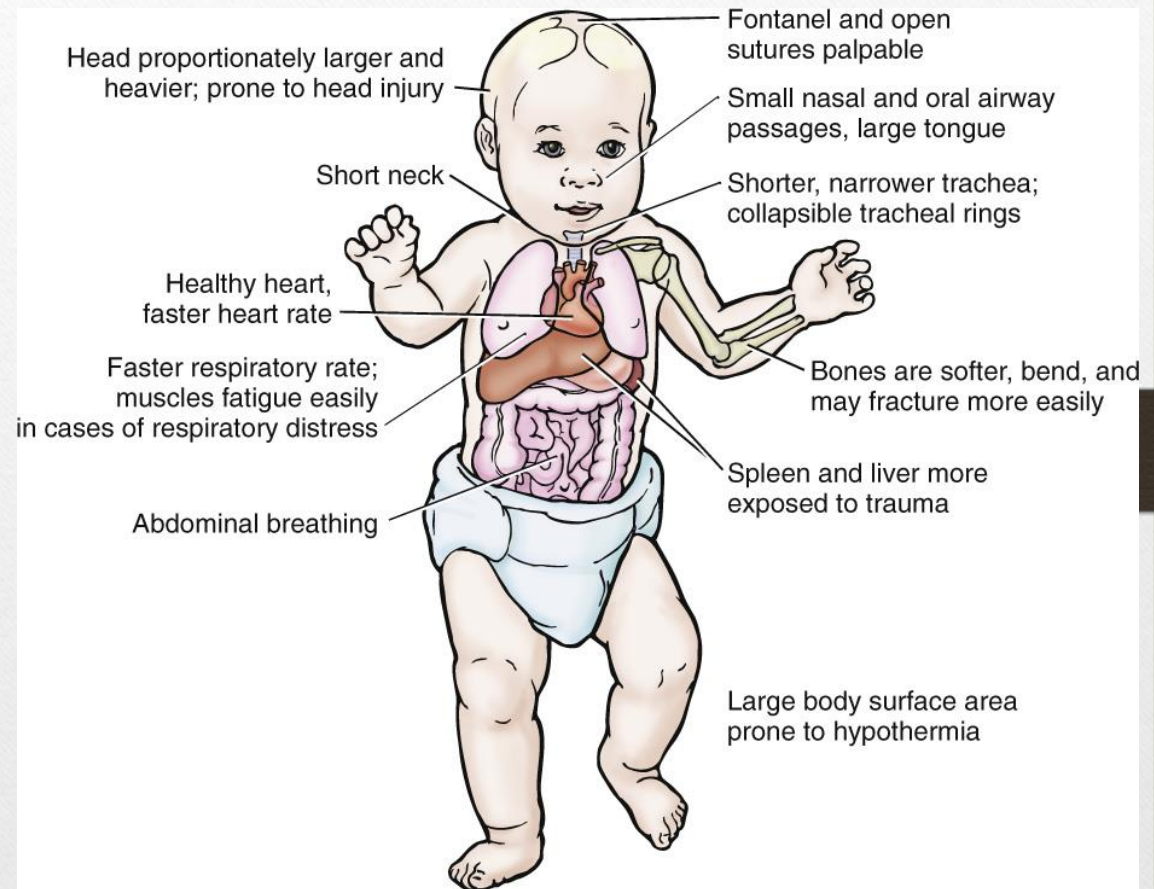
After delivery, massage may help the woman's body return to normal, it may reduce the stress of taking care of a new baby, and it may give the client some time to take care of herself.

Pediatrics: Massage for Infants

Several basic needs: food, shelter, sociability

Different from adults and children in some crucial ways

Teaching parents how to massage their own babies is an empowering method that promotes bonding and relaxation for both the adult and the infant.



Baby Massage

Repetitive long strokes and rhythmic movement of the limbs can initiate a calming response in an infant

A, Establish a rapport with the parent and prepare to teach.



B, Connect with the infant while performing assessments.

C, Make sure the massage is pleasurable to the baby.



Shorter massage (15-30 min.) is appropriate

***D**, Even babies have tender points; keep alert for changes in expression.*



***E**, After treating
tender points,
return to
pleasurable
massage.*



***F**, A happy baby
and an educated
mom.*



Massage for Ill or Injured Infant

A, Assess the infant and explain to the parent or caregiver what you intend to do. Always follow the treatment plan provided by a physician.



B, Take time to connect with the baby.

C, Showing care and concern, teach the parent or caregiver how to massage the baby.



Pediatrics: Massage for Children and Adolescents

Children

Massage not too different from massage for adults

30-min massage may be appropriate

Adolescents

Massage may help with physical growth pains

Work under parent or guardian supervision for both children and adolescents

Adolescents, particularly adolescent boys, are undergoing serious hormonal transformations. Unintentional sexual responses may be common. To avoid embarrassing situations, bunch the sheet around the young male's groin area

Massage for Children and Adolescents



A, Most children prefer to keep their clothes on and most like a mat.

B, Interact with the parent or guardian (not in the picture).

C, Maintain your focus on the child.





D, Continue to connect with the parent or guardian and explain your massage methods.

E and F, Relax and nurture and remember to teach the parent or guardian.



Geriatrics

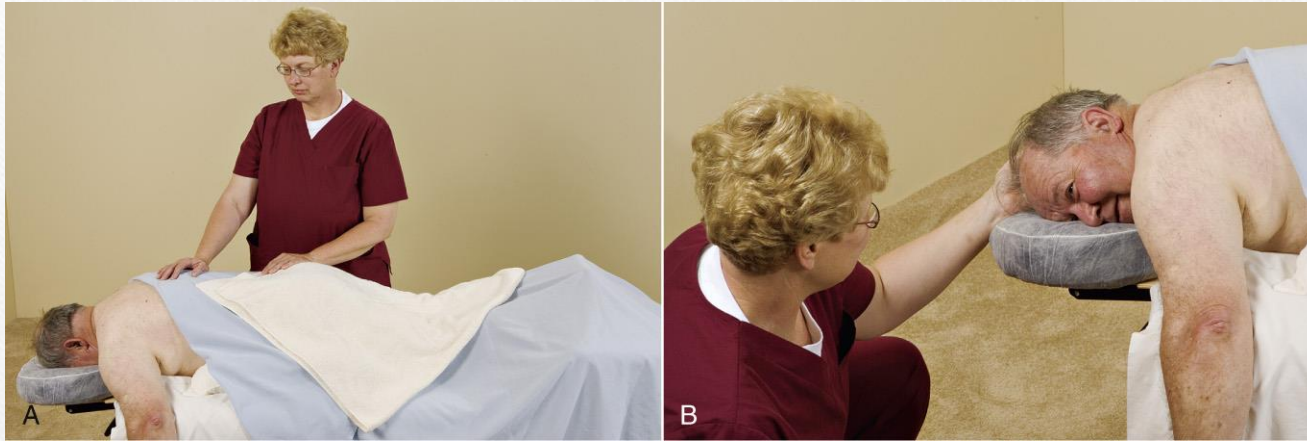
The elderly is a fast-growing segment of society.

Aging is normal.

Good communication is essential.

In addition to the benefits of massage that apply to the general populace, elderly people might benefit from the sensory stimulation and the good feelings associated with being touched by another person.)

Massage for Elderly Clients



A, Drape the client for modesty and warmth.

B, Interact appropriately with the client.



C, Be cautious but confident in providing the massage.

D, Respectfully move underclothing.



E, Maintain secure draping.



F, Use broad-based contact and be cautious about depth of pressure and degree of drag.

G, Be vigilant in observing the client's reactions and adapt the massage as appropriate.





H, The side-lying position often is most comfortable for elderly clients.



I, Assess range of motion carefully: never force movement.

J, Stretch cautiously; pin and stretch methods increase tension on tissue while protecting joints.





K, Abdominal massage supports digestive and elimination functions.



L, Gentle oscillation (shaking and rocking) is effective for supporting joint function.

M, If necessary, assist the client in getting off the massage table and donning clothing



Effects of Aging

Muscle and fat diminishes

Connective tissue diminishes and becomes less pliable, reproduces more slowly, and forms fibrotic tissue more easily

Bones are not as flexible and are more prone to breaking

Joints are worn, and osteoarthritis is common

Skin is thinner, circulation is not as efficient, and fluid in the soft tissue is reduced

The body tends to collapse a bit during aging.

Dehydration, lack of appetite, and weight loss can also be problems with advanced age, but the parasympathetic stimulation produced by massage can increase appetite and improve digestion for elderly clients.

Other Geriatric Concerns

Medication use common

Depression and dementia may present

May cause issues with informed consent

Social interaction very important

Because some elderly clients are alone or have a limited income (or both), the massage therapist should take into consideration not only the fees charged but also the amount of time spent with the elderly client.

The social interaction of talking with an elderly client may be just as important as the physical interaction of the massage.

To Test

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