

## 108 - THE BENEFITS OF MASSAGE FOR ELDERLY

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## INTRODUCTION

Throughout history, old age and the aging process have been the object of study worldwide, but in the last decades the increase in the proportion of the elderly has been growing faster than the proportion of children, increasing the concern related to the elderly population. (IBGE<sup>1</sup>, 2002)

Brazil is currently experiencing a rapid aging process. There are more than 20 million elderly people, who represent approximately 11% of the total population. It is estimated that this quota will triple by 2050. The change in age structure resulting from this process implies the need to rethink social policies, especially those in the health area. (SUPPLEMENT<sup>2</sup>, 2012)

Aging is a multifactorial and heterogeneous process, because each person ages in their own way, according to their culture, their way of seeing life, their experiences, their dilemmas, their anguish, the way they face their problems. (RIBEIRO<sup>3</sup>, et al., 2012)

In the daily life of the elderly, many losses and adaptations are necessary, as well as personal contact, love, support and attention. Such human needs are essential. (LIMA<sup>4</sup> et al., 2009)

Therapeutic massage is defined as the manipulation of the soft tissues of the body, performed by the therapist's hands, in order to work with the vascular, muscular and nervous system (WILKINSON<sup>5</sup> et al., 2008).

Our hands can bring many benefits through touch when we use it with purpose. Many massage procedures such as lymphatic drainage, modeling, Swedish, shiatsu, shantala, ayurvedic, among others are performed by the hands and / or feet. (PEREIRA<sup>6</sup>, 2013).

The massage does not only offer relaxation, but also a cascade of benefits that comes from specific techniques for each patient according to their need. The effects can be divided into: mechanical, chemical, reflex and psychological.

## OBJETVIVE

The objective is to relate the main benefits of massage to reduce progressive and natural losses in the elderly.

## METHOD

It is a review of the literature, with a temporal cut from 2002 to 2017, in national and international journals, selected in the databases SciELO, LILACS, EBSCO host, and PubMed / Medline, Google academic. Based on the Descriptors in Health Science (DeCS) and its correspondents in the English language (MeSH), the following keywords were also crossed: Elderly; Massage; Physiological Phenomena through the "and" operator.

We used the search strategy in reference books to complement the research, offering support to the concept and its applicability, considering that this approach is configured as recent.

We have included publications of the last 15 years, in Portuguese and English, on the benefits of massage in the elderly. We included longitudinal, randomized, non-randomized, double-blind, comparative, morphofunctional, experimental, cross-sectional, and bibliographic reviews. Academic theses or abstracts of dissertations and course completion papers were excluded.

Initially, titles pertinent to the subject in question were selected, and the summaries of the articles were analyzed in order to address only the massage. After the research conducted in several databases, repeated titles and those that did not deal with the subject were excluded.

The information obtained from the studies that were part of the sample was analyzed qualitatively and presented in tabular form, with the following descriptions as characteristics: author, title, objectives, method, results and conclusion.

## Third Age

Brazil is a country that is aging with great strides. The changes in population dynamics are clear, unequivocal and irreversible. Since the 1940s, it is among the elderly population that we have observed the highest rates of population growth. In the 1950s, the growth rate of the elderly population reached values higher than 3% per year, reaching 3.4% between 1991 and 2000. (INOUE<sup>7</sup> et al., 2008)

In 2013, the Brazilian Institute of Geography and Statistics (IBGE) revealed that the number of people over 60 years old totaled 23.5 million of Brazilians, more than double that registered in 1991, when the age group accounted for 10.7 millions. In comparison between 2009 and 2011, the group increased by 7.6%, that is, another 1.8 million people. According to the World Health Organization (WHO), by 2025 Brazil will be the sixth country in the world in the number of elderly.

Aging is not only a genetic and biological issue, but also a psychic and social issue. The same is natural to the development of life and is subject to the implications of the environment to which it is inserted, as well as of the socio-cultural aspect (FREITAS<sup>8</sup>, 2011).

Certainly, one of the greatest achievements of mankind was the growth in quality of years lived. Not only the proportion of the elderly is increasing progressively all over the world, but they are also living more and more. It is almost unanimous,

however, that these most vivid years are only worth living if they are lived with a good quality of life. (PERRACINI9 et al., 2013)

Biological aging is relentless, active and irreversible, causing more vulnerability of the organism to external and internal aggressions. There is evidence that the aging process is multifactorial in nature and dependent on genetic programming and changes occurring at the cellular-molecular level. Consequently, there may be a decrease in the functional capacity of the affected areas and an overload of homeostatic control mechanisms, which serve as a physiological substrate for the influence of age on the presentation of the disease, the response to the proposed treatment and the complications that follow. (MORAES10, 2009)

According to Lima4, et al (2009), aging is a process that brings about physiological and psychic changes that the great majority of human beings, if they did not die young, will be submitted. As a result of these changes, the search for alternative methods that give older people better living conditions is becoming more frequent. In the daily life of the elderly there are many losses, and adaptations are necessary, as well as personal contact, love, support and attention. Such human needs are essential.

In this phase changes of several perceptible aspects in the organism occur. The following stand out: Decreased blood flow to the kidneys, liver and brain; Decreased ability of the kidneys to eliminate toxins and medications; Decreased pulmonary capacity; Decreased cellular function to combat infections and decreased cardiac output (blood output from the heart). (CANCELA11,2007)

For Vieira12 (2004), in aging there is a gradual loss of connective tissue elasticity, an increase in the amount of fat in the body, a decrease in oxygen and water consumption, and a decline in muscle strength. The body begins to present a principle of exhaustion.

AUTHOR / YEAR	MESSAGE INDICATIONS	REFERENCE
FRITZ, 2002	Stimulates the nervous system, endocrine system and body chemicals	FRITZ, Sandy. Basics of Therapeutic Massage. São Paulo: Manole, 2002. 498 p. Search in 2017 at 5:20 p.m.
GUIRRO E GUIRRO, 2004	Calms, softens, reduces stress, provides well-being, peace and a sense of rest.	GUIRRO, R. GUIRRO, E. Demutifuncional physiotherapy fundamentals, resources, pathologies. 3rd ed. Rev. Extended. Barueri, SP: Manole, 2004. Available at: <http://online.uib.br/med/2017/05/MSSAGEM_RELAVANTE_E_ASSOCIACAO_DE_VELHAS_QUENTES.pdf> Accessed on: 04 Oct 2017 at 15:56
POSSER, 2011	Improvement of pain, blood and lymphatic circulation	POSSER, Liga de Luz. SPAS: THE ALCHEMY OF A DAY. Porto Alegre: Besouro Box, 2011. 448 p. Jan 30 2017 at 1:24 p.m.
ARAÚJO, 2013	Improved immunity, increased release of endorphins, relief of symptoms such as and migraine, depression, anxiety, bronchitis, among others.	ARAÚJO, E. J. "Massage as an adjunct therapeutic practice in health care and migration for the elderly." Constitution of the course, State University of Fair of Santana, Department of health (2013). <http://repositorio.ufrb.br/bitstream/10108/10000/1/0013.pdf> Accessed on: October 4, 2010 at 3:40 p.m.
SARAIVA et al., 2015	Promotes the well-being of the elderly, improvement of psychological state, increased self-esteem.	SARAIVA, Aymé Mendonça; SILVA, Wilson Maravilha de Macedo e; SILVA, Jefferson Barbosa; SILVA, Priscilla Maria de Castro; DASILVA, Maria Dilar; FLAHERTY, Maria de Oliveira Ferreira. STORIES OF CARE BETWEEN ELDERLY INSTITUTIONALIZED INTEGRATED PRACTICES AS THERAPEUTIC POSSIBILITIES. 2015. 140 f. Federal University of Santa Maria, Santa Maria, Rio Grande do Sul, 2015. Available at: <https://periodicos.ufsm.br/revistas/revista14211/pdf> Accessed on: October 4, 2017, at 5:00 p.m.
MARQUES, 2010	Normalizes the soft tissues of the body.	MARQUES, Cândido Nunes Casemiro. Therapeutic massage in elderly patients not communicating with terminal disease. 2010. 110f. (Master degree) - Medicine course, Lisbon Medical School, Lisbon, 2010. Available at: <http://repositorio.ulb.pt/bitstream/10451/1059234_Tese.pdf> Accessed in: Oct 03, 2017 at 5:40 p.m.
NESSI, 2010	It decreases the musculoskeletal tensions, provides well-physical and mental health, improves arterial blood	NESSI, André. Anti stress massage: A theoretical and practical approach to well-be. 5. ed. São Paulo: Phorte Editora, 2010. 143p

\* Table mounted by the authors (2017).

### Massage

According to Cassar13 (2001), massage was performed from the prehistoric period, with origins in India, China, Japan, Greece and Rome. The word massage comes from the Greek masso, which means "to knead".

According to Fritz14 (2002), the fundamental concepts that explain the effects of massage therapy can be divided into two categories: reflex methods and mechanical methods: reflex methods stimulate the nervous system, endocrine system and body chemicals. A reflex is an involuntary response to a stimulus, which can be provided by massage. The reflexes are specific and predictable. They are also intentional and adaptable, and explain most of the benefits of massage. Mechanical methods directly affect soft tissue by techniques that normalize connective tissue or move body fluids and intestinal contents.

Relaxing massage is a technique applied with smooth and slow movements, thus providing relaxation and comfort for the patient. This technique has as main objective to calm and to soften, to help in the reduction of the stress and to provide a pleasant sensation of well-being. It is through the touch that the massage triggers physical and emotional transformations, occasioning sometimes a sensation of rest, peace and accomplishment both corporal and mental. (GUIRRO and GUIRRO15, 2004)

The effects of a massage can be mechanical, chemical, reflex and psychological. There are other classifications, some with indications for pain, for blood or lymphatic circulation, on the Nervous System, including through reflexogenic pressures, and some work specifically for musculoskeletal, connective tissue and skin. (POSSER16, 2011)

According to Saraiva17, et al. (2015), the sensation of touch, promoted by massage, is essential for the well-being of the elderly, because, in addition to the physiological changes that occur in the body, it acts to improve the psychological state, favoring greater security and confidence and increasing self-esteem. Touch is then a form of communication and expression of feeling.

The anti-stress massage is a manual technique of methodical touches, with the purpose of reducing the musculoskeletal tensions, providing well-being

physical and mental. Consequently, it will have therapeutic effect due to the elimination of the catabolites formed in the muscles, produced better electrical conductivity in the peripheral nervous system, will facilitate the circulation of venous return and will provide better arterial blood supply. (NESSI18, 2010)

It can then be added that there are innumerable benefits of massage for the elderly, among them we can mention improvement of immunity, increase in the release of endorphins, relief of symptoms like and migraine, depression, anxiety, bronchitis, among others, produces positive effects on the nervous, myoarticular, cardiopulmonary, lymphatic and muscular systems. From the corporal practices involving the massoterapia with the old people it is noticed that these when receiving the massage the old people present a state of psychic well-being that is reflected in the physical one thus facilitating the relief of pains by the unlocking of concentrated energies in certain points of the musculature due to stresses. The general improvement occurs due to the relaxation provided by the therapeutic touch that brings with it a form of reception and emotional support. (ARAÚJO19, 2013)

## Results and discussion

Massage is a technique for treating certain dysfunctions of muscles and other soft tissues of the body in order to normalize these tissues through manipulative procedures, which include the application of pressure and movement. It is a therapeutic practice described more than 4,000 years ago, and it presents more than 80 modalities, among them the therapeutic massage. (MARQUES20, 2010) Massage refers us to a universe that encompasses various techniques of treatment through the hands. Detailing this universe implies crossing different definitions, which complement each other, bringing information about the type, the indications, the (organic) systems, the forms of performance and results obtained, enriching our understanding of the phenomenon. (SOUZA21, 2003)

Properly applied rhythmic massage with the pressure on the dermis consonant with the physiological response of the body, provides satisfactory results, bringing relief of pain, nervous tension, calming the individual and lowering the level of stress. It is concluded that massage therapy exerts beneficial effects on the body and helps in the fight against stress. (ABREU et al 22, 2012)

Massotherapy (which is therapy through massage) contributes to the expression of repressed emotions and release of energy trapped in the body through therapeutic touch, acting through the verbal and non-verbal way. It allows the person to perceive the sensations of pain by the tension installed in the parts of the body, which surprises the patient when he feels the intensity of the pain and the lack of awareness about this intensity to the touch. (VERONESE23, 2010)

The massage aims to promote comfort and well-being, at any age, and in old age its benefits can be accentuated by meeting the needs of the elderly, related to their social life as security, such as communication and integration it is of great interest to facilitate the establishment of the person-to-person relationship. (SILVA24, 2004)

Touch is essential to our well-being in all ages, but in no time do we receive it less than in old age. Due to the fear of aging that exists in our society, the touch that nurtured and comforted us when we were children begins to decline in adulthood, and in our last years it is reduced to many, the slightest manifestation of tenderness or affection. (LIDELL25 et al, 2002)

## CONCLUSION

According to the authors cited, we can observe that massage brings numerous benefits for the elderly, such as: Calms, softens, reduces stress, provides well-being, peace and sensation of rest, improvement of pain, blood and lymphatic circulation, immunity, increased release of endorphins, relief of symptoms such as migraine, depression, anxiety, bronchitis, among others. It promotes the well-being of the elderly, improves the psychological state, increases self-esteem. It normalizes the soft tissues of the body and decreases musculoskeletal tensions. And these benefits are fundamental to the better quality of life of the elderly. We conclude that massage is an important resource for maintaining the extended life and well-being of the elderly through the benefits of the researched massage.

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#### THE BENEFITS OF MASSAGE FOR ELDERLY

In the aesthetics that every year is growing in Brazil, one of the areas of interest is the beauty and care of the elderly population. That due to material resources and better health conditions, in addition to access to information, such as technologies and computerization, they need all attention for their prolongation of life and well-being. Through this scientific review, quantitative and reflexive, the objective is to relate the main benefits of massage to reduce progressive and natural losses in the elderly. The methodology will be to elucidate through searches in books, academic sites, scientific content, which covers the years 2002 to 2017. The main publications of the last 15 years on the benefits of massage indicated to the elderly have been included. The main results were; calms stresses, reduces stress, provides well-being, promotes peace and feeling of rest, decreases pain, improves blood and lymphatic circulation. We conclude that massage is an important resource for maintaining the extended life and well-being of the elderly through the benefits of the researched massage.

#### LOS BENEFICIOS DEL MASAJE PARA LAS PERSONAS MAYORES

En la estética que cada año está creciendo en Brasil, una de las áreas de interés es la belleza y cuidado de la población anciana. Que debido a los recursos materiales y mejores condiciones de salud, además del acceso a las informaciones, como tecnologías e informatizaciones, necesitan de toda atención para su prolongación de vida y bienestar. A través de esta revisión científica, cuantitativa y reflexiva, el objetivo es relacionar los principales beneficios del masaje para disminuir las pérdidas progresivas y naturales en ancianos. La metodología será para elucidar a través de búsquedas en libros, sitios académicos, de contenido científico, que comprende los años 2002 a 2017. Se incluyeron las principales publicaciones de los últimos 15 años, sobre los beneficios del masaje indicados a los ancianos. Los principales resultados encontrados fueron; que calma el estrés, proporciona bienestar, promueve la paz y la sensación de descanso, disminuye el cuadro de dolor, mejora la circulación sanguínea y linfática. Concluimos que el masaje es un recurso importante para el mantenimiento de la prolongación de la vida y el bienestar del anciano, a través de los beneficios del masaje investigados.

#### LES BIENFAITS DU MASSAGE POUR LES PERSONNES ÂGÉES

Dans l'esthétique qui chaque année se développe au Brésil, l'un des domaines d'intérêt est la beauté et les soins de la population âgée. En raison des ressources matérielles et des meilleures conditions de santé, outre l'accès à l'information, comme les technologies et l'informatisation, ils ont besoin de toute l'attention pour prolonger leur vie et leur bien-être. A travers cette revue scientifique, quantitative et réflexive, l'objectif est de mettre en relation les principaux bénéfices du massage pour réduire les pertes progressives et naturelles chez les personnes âgées. La méthodologie sera d'éclaircir par des recherches dans des livres, des sites académiques, du contenu scientifique, qui couvre les années 2002 à 2017. Les principales publications des 15 dernières années sur les bienfaits des massages indiqués aux personnes âgées ont été incluses. Les principaux résultats ont été calme les tensions, réduit le stress, procure le bien-être, favorise la paix et le repos, diminue la douleur, améliore la circulation sanguine et lymphatique. Nous concluons que le massage est une ressource importante pour maintenir la vie prolongée et le bien-être des personnes âgées grâce aux bienfaits du massage recherché.

#### OS BENEFÍCIOS DA MASSAGEM PARA IDOSOS

Na estética que a cada ano está crescendo no Brasil, uma das áreas de interesse é a beleza e cuidado da população idosa. Que devido aos recursos materiais e melhores condições de saúde, além do acesso às informações, como tecnologias e informatizações, necessitam de toda atenção para seu prolongamento de vida e bem-estar. Através desta revisão científica, quantitativa e reflexiva, o objetivo é relacionar os principais benefícios da massagem para diminuição das perdas progressivas e naturais em idosos. A metodologia será para elucidar através de buscas em livros, sites acadêmicos, de teor científico, que compreende os anos de 2002 a 2017. Foram incluídas as principais publicações dos últimos 15 anos, sobre os benefícios da massagem indicadas aos idosos. Os principais resultados encontrados foram; acalma, suaviza as tensões, reduz o estresse, proporciona bem-estar, promove a paz e sensação de descanso, diminui o quadro de dor, melhora a circulação sanguínea e linfática. Concluimos que a massagem é um recurso importante para a manutenção do prolongamento de vida e do bem-estar do idoso, através dos benefícios da massagem pesquisados.

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