29 - MASSAGE THERAPY IN THE RELIEF OF PAIN IN SPINE

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INTRODUCTION

The pain of the spine are among the most frequent complaints of patients at the orthopedic consultation and represent the common causes of absenteeism. These localized pains of the spine are multifactorial, arising from physical causes such as genetic factors, trauma, awkward postures, lifting and carrying heavy loads, type of muscle work factors or degenerative, or triggered by somatic, such as personality disorder and stress (CARDIA , 1999).

The spine is the central body and acts as a conduit for nerve bundles, connecting various organs and body parts to the brain.

When sitting, walking and even during the exercise poor posture can cause pain to more serious problems, from a hyper kyphosis or lordosis to a more advanced degree of scoliosis.

According to the neurosurgeon who specializes in spine surgery at the Hospital on July 9, Dr. Alexandre José Reis Elias, 90% of the population will have at least an episode or episodes of severe pain in the spine or low back pain later in life. And the reason for these pains are more frequent. "We can say that the number of people suffering from back pain has increased mainly due to physical inactivity, overweight and stress," says the doctor.

Therapeutic massage therapy is considered a serious, effective highly effective to treat muscles. It increases blood and lymphatic circulation and combat muscle tension. It also increases the production of hormones such as oxytocin and endorphins and is a great addition to treatments for fibromyalgia, body aches, swelling, RSI (repetitive strain injury), tendonitis, headaches and insomnia.

Used to relieve muscle tension, contractures and inflammatory pain, massage therapy influences the good posture and improves physical balance, and also improve flexibility and range of motion in general.

The effectiveness of massage therapy is not only in the relief of tension and stress, but also in improving the localized pains in general.

METHODOLOGY

This research is characterized, according to Gil (2002), as described whose primary objective is the description of the characteristics of certain population or phenomenon or, alternatively, the establishment of relationships between variables.

The descriptive notes, logs, analyzes and correlates events or phenomena (variables) without manipulating them, trying to discover as accurately as possible, the frequency with which a phenomenon occurs, their relationship and connection with others, nature and characteristic (HART, 1996).

The patient underwent research received guidelines on ownership (term of free consent). The initial procedures were postural assessment, quality of life questionnaire in the first and last session, and after each massage answer questions from a form of evolution.

At the time of Massotherapy practice, the materials used were a room, a cot (provided by the Space Hall Estética).

SPINE

The column consists of a set of vertebrae that articulate with each other, is the main axis of the body support, promoting attachment to the head, thorax and the pelvic girdle, and allows great flexibility to the trunk. The spine also has the function of protecting the spinal cord and allow the passage of spinal nerves (these spinal nerves are often the key to the explanation of back pain) and plays an important role in posture and locomotion. (Spence, 1991).

The more mobile segments of the spine, the cervical region in transition to the chest and lumbar spine which is the largest area of movement and support, are more subject to wear and tear, which is wear the cause of most complaints of pain (Spence, 1991).

Between the vertebrae there is the intervertebral disc that acts as a shock absorber that over time loses its elasticity and it could break, creating a pathology. The changes of the intervertebral discs are very important to understand the origins of spinal pain, because it may cause diseases or discopathies disks that usually come accompanied by osteophytes. (KNOPLISH, 1990).

The spine of an adult has four normal curvatures: cervical, thoracic, lumbar and sacral, these curves provide a flexible support for the body. These curves provide a flexible support for the body. There are problems that can affect the correct posture when the patient spends long periods of time sitting or standing and begins to bend forward. A muscle imbalance or contracture may affect posture, for example, when the iliac psoas muscle is very contracted increases the lumbar lordosis of the spine. Pain may also be a cause, when there is pressure on a nerve root in the lumbar spine can cause back pain and cause a scoliosis as a body adopts an approach that reduces the pain (Moore, 2001).

Most postural non-structural defects can be corrected by treatments involving the strengthening of weak muscles, stretching of shortened structures and awareness of patient that it is your responsibility to maintain the correct posture.

The structural deformities that are due to congenital anomalies, development problems, injuries or illnesses involving primarily bone changes and, consequently, are not easily corrected without surgery. However patients can usually relieve the symptoms through appropriate instructions regarding the care postural (Moore, 2001).

There are several causes of localized pains along the spine between this and other studies are found that poor posture over a long period of time and physical inactivity are triggers of pain syndromes.

The prevalence of sedentary habits and postures lead to muscle weakness, ligamentous laxity, the bad habits and even obesity. These factors cause an overload disc, joint, ligament, muscle and triggers tissue suffering and pain.

The physical exercise is recommended not only for the physical and mental health, but also for increasing muscle tone and flexibility of muscles and along with postural reeducation, is the cornerstone of prevention of back pain.

Postural care benefits to health and every problem related to it attenuates rather under the action of physical contact, which induces a positive emotional state that, in turn, helps the body in its healing process. Through physical contact, you can instill the motivation to reduce anxiety, frustration and helplessness.

A specialized form of massage physical contact is increasingly recognized as a valuable practice of health care. It consists of an evaluation and manual application of touch the soft tissue of the skin, muscles, tendons, ligaments and fascia, as well as structures that are within the superficial tissue, in the middle of the hand, foot, knee, arm, elbow and forearm. This technique involves various movements, including smoothing, friction, vibration, percussion, kneading, among others.

So you can provide a good physical condition and health by normalizing and improving muscle tone, promoting relaxation, stimulating circulation and producing therapeutic effects on the respiratory system and nervous (FRITZ, 2000).

The benefits of massage are numerous, provides muscle relaxation and reduces stress. Massage also activates circulation, thereby releasing toxins from the body, causes the feeling of energy, and promotes general well-being, when performed properly. The most important thing is that massage is a massive experience of tactile stimulation and relieves anxiety. The power of massage is due in large part to the positive effect it produces on the whole body, improving general resistance to disease, producing a pleasant sensation of well-being (Worth, 1997)

By acting on the skin and organs deep massage therapy can be divided into two categories, the methods reflexes that stimulate the nervous system, endocrine system and body chemicals, and mechanical methods that directly affect the soft tissue.

DISCUSSION

This research aimed to identify the effects of massage therapy in relieving localized pains along the spine. The massage therapy was administered to a patient with back pain and compared the effects of the same before and after application of the technique.

Before starting the massage therapy sessions and the application of life questionnaire, we evaluated the posture of the patient. The results were as follows: head slightly tilted to the right and slightly anterior; was noted an increase in left shoulder; presents a scoliosis (in the region of the thoracic spine) with the convexity to the right, left thoracic spinal deformity, and a concavity in this region to the left. There is a kyphosis in the thoracic region and a hyperlordosis in the lumbar region, thus making the abdomen is protruding.

A questionnaire was applied on the patient's quality of life in the first and last session.

As a result the end of the 10th application of massage therapy physical pain, which previously was reported as a nuisance and preventing the patient to perform their daily tasks, had a significant improvement, quality of sleep, before the patient claimed to be unsatisfied, was described as satisfactory and the ability to concentrate has improved a lot at the end of the sessions. The form of evolution was applied to the end of each session and are presented in graphical form.

The charts presented are for the issues of form evolution, whose objective was to compare the complaints and evolution after application of 10 sessions are massagem.Os reports during treatment with respect to the improvement of their welfare in general, pain and movements of the cervical spine were progressive. Starting to feel unwell, with pain and blockages in flexion, extension, rotation and tilt of the head to feel good, even with improved sleep quality, improved 80% compared to the pain and significant improvement with respect movements mentioned.

In view of these results, we found that massage therapy provided a positive and significant improvement in the overall picture of the patient, reducing localized pains along the spine, improves quality of life (sleep, mood for daily activities and improves concentration) chips certified by evolution and quality of life questionnaire.

Although this work only presents a case study serves as a basis for future research in the field of massage therapy, for proof of positive results in larger groups of people who have a reduced quality of life and pain in the spine due to daily stress, poor posture, sedentary lifestyle, among others.

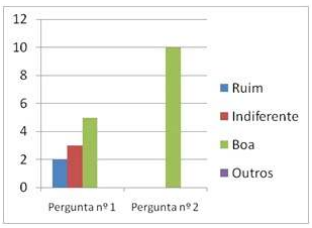

CHART 1: The graph shows the situation before and after 10 sessions of massage therapy. In question No. 1, she says how she felt before the massage, and question No. 2 responds as if she felt after the massage.

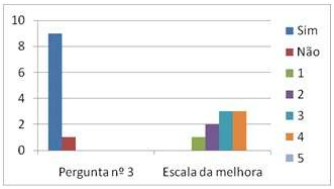

CHART 2: Demonstrates improvement in pain after the application of massage, and range improvement.

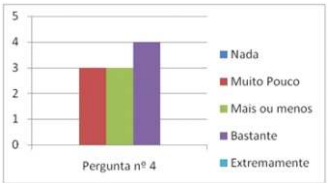

CHART 3: Shows the improvement in the movement of the cervical patient during treatment.

CONCLUSION

The results obtained massage therapy shows positive results in relieving the pain in the spine, specifically in the cervical spine were reported in this case study.

The massage provided an improved quality of life of patients, including improved sleep, more energy to perform their daily tasks, better mobility of the sore spot before, which led to an improvement in the patient's relationship with his family and society in general and an increase in the concentration improving performance in their work.

Therapeutic massage enters as an additional resource, which assists in promoting improved muscle relaxation of tensions caused by poor posture, whether at work, in front of the computer, or to perform household chores and daily.

It is concluded that for an improved posture and relief of pain along the spine combined with postural re-education technique of massage therapy, diminishes the harmful effects caused by poor posture imposed in daily activities.

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MASSAGE THERAPY IN THE RELIEF OF PAIN IN SPINE

ABSTRACT

This study aims to identify the effects of massage therapy applied to a person with localized pains in the region of the spine. This study was conducted in the Hall Estétika Space, located in Curitiba-Pr, after prior approval of the establishment and patients who participated in the survey. Data collection was organized as follows: the patient with localized pains along the spine past the first session by a postural assessment and answered a questionnaire on quality of life and one of their main complaints. Since the first session to last a total of 10 sessions, applied twice a week, were answered the plug and plug the evolution of quality of life. The results showed improvements in pain along the spine, sleep, concentration, among others, and show that applied by the touch of massage therapy contribute to the improvement of pain, and indirectly the quality of life of the person being treated.

KEYWORDS: Massage, Spine, Pains, Therapeutics.

MASSOTHERAPIE DANS LE SOULAGEMENT DES DOULEURS DANS LA COLONNE VERTEBRALE

RÉSUMÉ

Ce travail vise à identifier les effets de la thérapie de massage appliqué à une personne avec des douleurs localisées dans la région de la colonne vertébrale. Cette étude a été menée au Salon Estetika espace, situé à Curitiba, PR, après approbation préalable de l'établissement et

les patients qui ont participé à l'enquête. La collecte des données a été organisé comme suit: le patient avec des douleurs localisées le long de la colonne vertébrale dans la première session a commencé par une évaluation posturale et répondu à un questionnaire sur la qualité de vie et

les patients qui ont participé à l'enquête. La collecte des données a été organisé comme suit: le patient avec des douleurs localisées le long de la colonne vertébrale dans la première session a commencé par une évaluation posturale et répondu à un questionnaire sur la qualité de vie et sur leurs principaux griefs. Depuis la première session d'une durée totale de 10 séances, appliquée deux fois par semaine, a répondu le bouchon et le bouchon de l'évolution de la qualité de vie. Les résultats ont montré des améliorations dans la douleur le long de la colonne vertébrale, le sommeil, la concentration, entre autres, et montre que toucher appliquée par massage contribue à améliorer la douleur, et indirectement la qualité de vie de la personne traitée.

MOTS-CLES: Massage, Spine, Algia, Therapeutics.

TERAPIA DE MASAJE EN EL ALIVIO DEL DOLOR EN LA COLUMNA

RESUMEN

Este trabajo tiene como objetivo identificar los efectos de la terapia de masaje se aplica a una persona con dolores localizados en la región de la columna vertebral. Este estudio se realizó en el Salón Espacio Estética, ubicado en Curitiba, PR, luego de la aprobación previa del establecimiento y los pacientes que participaron en la encuesta. La recolección de datos se organizó de la siguiente manera: el paciente con dolores localizados a lo largo de la columna vertebral en la primera sesión se inició con una evaluación postural y contestaron un cuestionario sobre calidad de vida y en sus principales quejas. Desde la celebración del primero al último de un total de 10 sesiones, aplicada dos veces a la semana, respondió el enchufe y la clavija de la evolución de la calidad de vida. Los resultados mostraron mejorías en el dolor a lo largo de la columna vertebral, el sueño, la concentración, entre otros, y muestra que toque aplicar la terapia de masaje ayuda a mejorar el dolor, e indirectamente la calidad de vida de lá persona que se está tratando.

PALABRAS CLAVE: Masaje, La Columna Vertebral, Algia, Terapia.

MASSAGEM TERAPÊUTICA NO ALÍVIO DE DORES NA COLUNA VERTEBRAL

RESUMO

Este trabalho tem como objetivo identificar os efeitos da massagem terapêutica aplicados a uma pessoa com algias na região da coluna vertebral. Tal estudo foi realizado no Salão Espaço Estétika, localizado na cidade de Curitiba-Pr, após prévia autorização do estabelecimento e do paciente que participou da pesquisa. A coleta de dados organizou-se da seguinte maneira: o paciente com algias ao longo da coluna passou na primeira sessão por uma avaliação postural e respondeu um questionário de qualidade de vida e um sobre suas queixas principais. Desde a primeira sessão até a última, num total de 10 sessões, aplicadas duas vezes na semana, foram respondidas a ficha de evolução e a ficha de qualidade de vida. Os resultados mostraram melhoras nas dores ao longo da coluna, no sono, na concentração, entre outros, bem como mostra que o toque aplicado através da massagem terapêutica contribui para a melhoria das algias e indiretamente na qualidade de vida da pessoa a ser tratada.

PALAVRAS-CHAVE: Massagem, Coluna Vertebral, Algias, Terapêutica.