53 - MASSAGE ANTISTRESS - THEORY AND PRACTICE FOR WELFARE

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INTRODUCTION

The practice and history of massage are cited in many literatures specific empirically . Without the foundation of their origin , that is lost in time. The knowledge was passed through images made by oriental rugs on looms , Greek vases , cave paintings , drawings on parchment , situations such as bruising a body part , have a habit of rubbing the area with your hands , a practice that is a natural methods of healing humanity's oldest and is present in the areas of medicine , sport and aesthetics . (NESSI. 2003)

“One day God took a handful of earth and for long was kneading , pressing and shaping it , so gradually arose arteries , veins , tissue , bones , cells , organs , skin, hair, eyes , teeth , arms , legs short, the man - then formed into His likeness . Perhaps this was the time of the first massage - the creation of man - and thus every time we touch someone , is to be representing this act .” (NESSI, 2003)

Massage is the act of touching with the hands , causing some reaction , be it physiological , psychological , chemical or mechanical .

To Austregésilo (1988) , is the language of touch , plus a set of rings exerted on the body for therapeutic purposes , sports , aesthetic , emotional and playful .

As for Fields (1988) , it is a set of maneuvers applied hygienic or therapeutic purposes in different parts of the skin surface corresponding to regions with soft tissues.

Wood and Becker (1984) cite Murrell (1853-1912) and say that massage is the scientific way of treating certain forms of systemic diseases by manipulation , and Graham (1884) , holding that massage is a new term and widely accepted by European and American doctors to determine a group of maneuvers usually made with hands , as rubbing, kneading , manipulating , rolling percussion and external tissues of the body , aiming curative, palliative or toilet .

The art of massage has been practiced since ancient times and according Rumpler and Schutt (1993) , the first written testimony about healing massage derived from China (about 2600 BC) .

To Hippocrates (460-370 BC) , the father of medicine in ancient Greece , " rub " is an art that the doctor should master . In his Treatise of Shoulder Dislocation , he puts the massage as a therapeutic resource of great importance , citing numerous times the friction .

Galen (129-199 AD) , the famous Greco-Roman physician , wrote a book about massage , and Julius Caesar (100-44 BC) have been massaged every day due to epileptic seizures .

Belzunce (1964) mentions that in the year 500 BC , Heródico already using massage on their patients . In 450 BC Hippocrates established the massages as centrifugal or centripetal , ie , directed from the heart to the periphery and from the periphery to the heart , also including kneading for stiff joints and joints loose .

METHODOLOGY

Method : Check through the published literature , 330 books in Portuguese and foreign language, between 1889 and 2008 , the benefits of massage and develop a protocol relieving massage , supporting the theory and practice for the welfare .

Material : Massage Table . Neutral oil Grape seed . Face towels , sheets. Music.

Relaxing massage antistress - Walkthrough:

(07 to 12 repetitions of each movement)

Slip Surface = Movement with flat hands , touching the entire region , gently glides always centripetal direction , towards the heart .

Slip Deep = Movement with flat hands , touching the entire region being massaged with depth , slips centripetal direction , towards the heart .

Kneading = Surface Movements take action and mobilize the region , alternating one hand with the other , try to aim the action on the skin .

Friction Surface Movements = alternating hands following the longitudinal direction of the massaged area .

Slip Surface = Movement with flat hands , touching the entire region , gently glides always centripetal direction , towards the heart .

According to Fritz (2000) , touch is the base of all the work of massage. The practice of using various forms of rings to achieve a specific result , call technical touch .

There is a therapeutic intent in technical touch , which can be classified in two ways :

Touch Mechanic : result anatomical or physiological specific . For example , massage to increase range of motion of the shoulder ;

Expressive touch : support, communication and empathy. For example , massage for general relaxation and pleasure in order to give comfort to the customer after a hard day's work.

The main physiological effects of massage second Frtiz (2000) , Nessi (2003) , Varrenhe(1959) , Cassar (2001) , are:

- Strengthen skin by constant movements and rhythmic ;
- stimulation of blood circulation fluids , such as blood and lymph ;
- Promotion of elasticity by manipulating the body tissue ;
- Reduction of musculoskeletal problems such as joint stiffness and immobility by increasing the elasticity of the muscles;
- Increased harmony in the functioning of the nervous system ;
- Improvement in functions of internal organs through stimulation ;
- Improved global metabolism through direct or indirect stimulation of the glands without ducts or hormonal glands ;

- dispersion accumulated lactic acid in body tissues , preventing muscle stiffness .
- Facilitating growth;
- Increased attention and learning , with positive results in people with concentration problems , hyperactivity or learning disabilities ;
- Aid in the development of social activities ;
- Assistance in overcoming addictions like smoking ;
- Mitigation of premenstrual symptoms ;
- Low blood pressure ;
- Reduction of anxiety ;
- Decreased levels of hostility in individuals with hypertension ;
- Decreased time mathematical calculation and increase the number of hits , helping the logical reasoning ;
- Improved manual grasping ;
- Reduction of stress .

DISCUSSION

Observing the physiological effects mentioned , we realize that massage is of great importance in any area and for the millions of stressed in the world .

The current popularity of massage can be explained by the need increasingly present a return to natural values , in recognition of the highly grueling conditions of modern life . For this reason , not only brings great feelings for the sportsman and athlete , but also to all who have state of stress (NESSI , 2003) Stress is a situation where a stressor produces a reaction in the body and mind to adapt the organism . This adaptation occurs , we can say that the stressor was light and positive .

When the adjustment is delayed , but it occurs , we can say that the stressor was high and positive. However , this adaptation does not occur when we say that the stressor was high and negative, ie , negative reactions and harmful to the body may occur , often irreversible .

Stressor is anything that frighten, excite or confuse an individual . According Lipp and Rocha (1994) , these conditions can be intrinsic and extrinsic . Natural factors such as cold and hot flashes excessive hunger, pain or death of a loved one , can be inherently stressful . Other events, in turn , become stressful as a result of the interpretation is made damaging them. For example , taking a test can be very stressful for a person who feels an obligation to be approved , but can also cause no stress to a person who sees it as a positive or harmless. The interpretation given to a situation of stress can be positive or negative .

Several studies stress classified into three phases: the alarm phase of the resistance and exhaustion phase (Zular , 2000). However , these phases can range from a mild palpitation chest to a myocardial infarction , depending on what caused the stress and the tolerance level of the individual to it .

Typically, some reactions follow a pattern such as was mentioned by Lipp and Rocha (1994) and also Zular (2000)

Phase Alarm : Cold extremities , dry mouth , pressure in the stomach ; Sudden increase in blood pressure , hyperventilation , tachycardia , Malaise , Shortness of breath , Shortness of breath , tremors in the hands , neck aches , backache , pains legs , twitches ; Hunger impulsive , Slimming , weight gain ; colds and flu constants; Heartburn , Nausea , Insomnia , Grinding of teeth ; Increased heart rate .

Phase resistance : Constant tiredness , memory difficulties ; Doubts about yourself ; Difficulty concentrating ; Herpes Simplex ; Lack of sexual interest ; Stomach problems , emotional hypersensitivity , constant dizziness , apathy , excessive sleepiness during the day , wake up several times during the night, difficulty falling asleep , Waking up and not being able to sleep more ; constant pain in the neck , pain in the arms , Discouragement , Depression . Phase depletion or exhaustion : Serious problems of digestion , chronic hypertension , dermatological problems , inability to work ; ejaculation , impotence , menstrual Amendment , loss of creativity ; Tantrums with people nearby ; Irritability very large ; fears and anxiety , lack of complete power ; Difficulty concentrating . The basic techniques of classic massage movements are known as basic Swedish massage and are divided into five parts (Cassar , 2001 and Nessi , 2003) : Slip , Friction , Vibration , Percussion , Kneading . The anti-stress massage is a technique manual touches methodical in order to reduce tensions musculoskeletal , providing physical well-being and mental health. (NESSI , 2003) .The anti-stress massage makes the student or client is really notice how your body and your mental structure . Gradually it is possible to facilitate the necessary changes to live better, putting the massage and physical activity routine that person .After more than 40,000 massages , through a survey conducted in clinics and clubs where I served massage therapy , massage can be the ideal tool in the reduction and elimination of stress . Again remembering that stress will always be present in the client's life , either positive or negative .

CONCLUSION

As stated Domenico (2003), the skin undergoes changes over time , can be predicted and growing and can not be avoided , these changes have a direct relationship with the lifetime . According Nessi (2003), one of the physiological aspects of massage is hydration that occurs during movement , promoting greater mobility of skin structures . Massage achieves the aim of the influence on the circulation , venous and lymphatic return , thus becoming one of the relaxation methods more effective , according Cassar (2001) . The benefits go beyond relaxation and well -being , including increased local circulation , blood oxygenation , muscle relaxation and nervous system stimulation . With the lifting of more than 300 publications in Portuguese and other languages on massage are known physiological effects on the human body and mind , reducing the harmful effects of stress are present in all of them , the main quotes (IBÁÑEZ , 1993 ; NeSSI , 2003; Gallego , 1996; Bentley, 2006; BOIGEY , 1986; Atkinson , 2000) here reported : muscle relaxation , removal of catabolic ; decreased muscle fatigue improvement in viscosity between the fascia ; stimulation of elastin and collagen , improves arterial and venous circulation , increased sensitivity fine , reduction of cutaneous adhesions ; sedative and analgesic effects , stimulation of gastrointestinal transit ; aid in metabolic exchanges and energy ; action on bronchial obstruction , increase joint movement , increase body awareness , aid in recovery post workout ; decrease in thickness of tissue ; balance between sympathetic and parasympathetic . We conclude that massage performed correctly following the principles of Hippocrates and Herodotus (Wood , 1984; CASSAR , 2001) , such as soft start , deepen and smooth finish , with movements such as landslides , friction , kneading and percussion . May decrease the actions of stress , improving quality of life , promoting the welfare . Result of the research was the publication of the Book relieving Massage - Theory and Practice for the welfare . 1st edition in 2003 and 5th in 2010 , having a direct reach 10 thousand voters .

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ABSTRACT

Introduction : The history and practice of massage are cited in many literatures specific empirically . Without the foundation of their origin , that is lost in time . The knowledge was passed through images made by oriental rugs on looms , Greek vases , cave paintings , drawings on parchment , situations such as bruising a body part , have a habit of rubbing the area with your hands , a practice that is a natural methods of healing humanity's oldest and is present in the areas of medicine , sport and aesthetics (NESSI. 2003) . Objective: To investigate the effects and physiological benefits of massage through the theory and practice for the welfare decrease stress . Methodology : With the lifting of more than 300 publications in Portuguese and other languages on massage are known physiological effects on the human body and mind , reducing the harmful effects of stress are present in all of them , the main quotes (IBÁÑEZ , 1993; NeSSI , 2003; Gallego , 1996; Bentley, 2006; BOIGEY , 1986; Atkinson , 2000) here reported : muscle relaxation , removal of catabolic ; decreased muscle fatigue improvement in viscosity between the fascia ; stimulation of elastin and collagen , improves arterial and venous circulation , increased sensitivity fine , reduction of cutaneous adhesions ; sedative and analgesic effects , stimulation of gastrointestinal transit ; aid in metabolic exchanges and energy ; action on bronchial obstruction , increased motion; increased body awareness , aid in recovery post workout ; decrease in thickness of tissue ; balance between sympathetic and parasympathetic ; produce emotional benefits and stress reduction . Conclusion : We conclude that massage performed correctly following the principles of Hippocrates and Herodotus (Wood , 1984; CASSAR , 2001) , such as soft start , deepen and smooth finish , with movements such as landslides , friction , kneading and percussion . May decrease the actions of stress , improving quality of life , promoting the welfare . Result of the research was the publication of the Book relieving Massage - Theory and Practice for the welfare . 1st edition in 2003 and 5th in 2010 , having a direct reach of 10.000 voters

KEYWORDS : massage , anti-stress and wellness.

MASSAGE ANTISTRESS - THÉORIE ET PRATIQUE DE BIEN-ÊTRE

RÉSUMÉ

Introduction: L'histoireetla pratique du massagesontcitées dans de nombreuses littératures spécifiques empiriquement . Sanslefondement de leur origine, qui se perddansletemps. La connaissance a étéadoptée par desimagesprises par destapisorientauxsurdesmétiers ,des vases grecs , despeintures rupestres , desdessinssurparchemin , dessituationstelles que desecchymoses une partieducorps , ontl'habitude de frotterla zone avec vos mains, une pratique qui est une desméthodescuratives naturelles humanitélaplusancienne et est présent dans les domaines de la médecine , le sport et l'esthétique (NESSI. 2003). Objectif:étudierleseffetsetlesavantagesphysiologiquesdumassage à traverslathéorie et la pratique de ladiminution de stress bien-être . Méthodologie :Aveclalevée de plus de 300 publicationsenportugais et d'autres langues surmassagesontconnusdeseffetsphysiologiquessurlecorps et l'esprithumain , enréduisantleseffetsnéfastesdu stress sontprésentsdanschacun d'eux , lesprincipalescitations (IBÁÑEZ , 1993; NeSSI , 2003; Gallego, 1996; Bentley, 2006; BOIGEY , 1986; Atkinson, 2000) icirapporté : la relaxation musculaire , lasuppressiondescatabolique ; diminuéamélioration de la fatigue musculaire de viscosité entre lefascia , lastimulationduélastine et de collagène , améliorelacirculationartérielle et veineuse , une sensibilitéaccrueamende , réductiondesadhérencescutanées ; effetssédatifs et analgésiques , lastimulationdutransitgastro-intestinal , l'aidedansleséchangesmétaboliques et énergétiques , l'actionsurl'obstructionbronchique, ontaugmentémouvement ; augmentélaconscienceducorps , de l'aideen post entraînement de récupération ; diminution de l'épaisseurdutissu , l'équilibre entre sympathique et parasympathique ; produiredesbénéficesémotionnels et la réduction du stress. Conclusion : Nous concluonsque le massage effectué correctement en suivant les principesd' Hippocrate et Hérodote (Wood, 1984; CASSAR , 2001) , comme le démarrage en douceur , d'approfondir et lisse, avec des mouvementstelsque les glissements de terrain , la friction , le pétrissage et percussion. Peutdiminuer les actions du stress , amélioration de la qualité de vie , la promotion du bien-être . Résultat de la rechercheétait la publication de la relaxation Massage du livre - Théorie et pratique pour le bien-être . 1ère édition en 2003 et 5ème en 2010, ayantuneportéedirecte de 10.000électeurs.

MOTS-CLÉS: massage , anti -stress et bien-être .

MASAJE ANTIESTRÉS - TEORÍA Y PRÁCTICA DE BIENESTAR

RESUMEN

Introducción: La historia y laprácticadelmasaje se citanen muchas literaturas específicas empíricamente. Sinla base de suorigen, que se pierdeen el tiempo. El conocimiento se transmite a través de imágenes realizadas por alfombras orientalesentelares , jarrones griegos , pinturas rupestres , dibujosenp ergamino , situaciones tales como hematomas una parte delcuerpo , tienen la costumbre de frotarel área con sus manos , una práctica que es un métodos naturales de curación de lahumanidad más antigua y está presente enlas áreas de la medicina , el deporte y la estética (NESSI. 2003) . Objetivo : Investigar los efectos y beneficios fisiológicos del masaje a través de lateoría y lapráctica de latensiódisminuciódelbienestar. Metodología :Conellevantamiento de más de 300 publicacionesenportugués y otros idiomas enelmasaje se conocenefectos fisiológicos enelcuerpo humano y la mente, lareducción de losefectos nocivos delestrésestán presentes en todos ellos , lasprincipales citas (IBÁÑEZ , 1993 ; NeSSI , 2003 ; Gallego , 1996 ; Bentley , 2006 ; BOIGEY , 1986 ; Atkinson , 2000) informaron de aquí : larelajación muscular , la eliminación de catabólica ; disminuyela fatiga muscular mejoraenlaviscosidad entre lafascia ; estimulación de elastina y colágeno , mejoralacirculación arterial y venosa , aumento de lasensibilidad fina , reducción de adherencias cutáneas ; efectos sedantes y analgésicos , estimulación de tránsito gastrointestinal ; ayudaenlosintercambios metabólicos y de energía ; acción sobre laobstrucción bronquial , el aumento de movimiento ; aumentaron conocimiento del cuerpo, ayuda en la recuperación después del entrenamiento ; disminución del grosor del tejido ; equilibrio entre simpático y parasimpático , producen beneficios emocionales y de reducción de estrés. Conclusión : Se concluye que el masaje realizado siguiendo correctamente los principios de Hipócrates y Herodoto (Wood, 1984 ; CASSAR , 2001), tales como arranque suave, profundizar y acabado liso , conmovimientos tales como deslizamientos de tierra , fricción, amasamiento y percusión. Puede disminuir la acción de latensión, mejorarlacalidad de vida, promover elbienestar . El resultado de la investigación fue la publicación del libro Masaje descontracturante - Teoría y práctica para el bien estar . Primera edición en 2003 y quinto en 2010, que tieneun alcance directo de los 10.000electores.

PALABRAS CLAVE: masajeanti- estrés y elbienestar.

MASSAGEM ANTIESTRESSE – TEORIA E PRÁTICA PARA O BEM ESTAR

RESUMO

Introdução: A prática e a história da massagem são citadas em muitas literaturas específicas de forma empírica. Sem fundamento de sua origem, que se perde no tempo. Os conhecimentos eram passados através de imagens, feitas através de teares em tapetes orientais, vasos gregos, pinturas em cavernas, desenhos em pergaminhos, situações como contundir uma parte do corpo, temos por hábito friccionar o local com as mãos, prática essa que é um dos métodos naturais de cura mais antigos da humanidade e está presente nas áreas de medicina, esporte e estética (NESSI. 2003). Objetivo: Verificar os efeitos e benefícios fisiológicos da Massagem através da teoria e prática para o bem estar diminuição o estresse. Metodologia: Com o levantamento das mais de 300 publicações em português e em outras línguas sobre massagem, são conhecidos os efeitos fisiológicos sobre o corpo e a mente humana, diminuindo os efeitos nocivos do estresse, estão presentes em todas elas, sendo as principais citações (IBÁÑEZ, 1993; NESSI,2003; GALLEGO, 1996; BENTLEY, 2006; BOIGEY, 1986; ATKINSON, 2000), aqui registradas: relaxamento muscular; eliminação dos catabólicos; diminuição da fadiga muscular; melhora da viscosidade entre as fáscias; estimulação da produção de elastina e colágeno; melhora da circulação arterial e venosa; aumento da sensibilidade fina; diminuição das aderências cutâneas; ação sedativa e analgésica; estimulação do trânsito gastrointestinal; auxílio nas trocas metabólicas e energéticas; ação sobre obstrução brônquica; aumento do movimento articular; aumento da consciência corporal; auxílio na recuperação pós treino; diminuição das espessura do tecido conjuntivo; equilíbrio entre simpático e parassimpático; produção de benefícios emocionais e diminuição do estresse. Conclusão: Concluímos que a massagem realizada corretamente seguindo os princípios de Hipócrates e Heródoto (WOOD, 1984; CASSAR, 2001), como iniciar suave, aprofundar e terminar suave, com movimentos como deslizamentos, fricções, amassamentos e percussões. Pode diminuir as ações do estresse, melhorando a qualidade de vida, promovendo o bem estar. Consequência da pesquisa foi a publicação do Livro Massagem Antiestresse – teoria e Prática para o bem estar. 1ª edição em 2003 e 5ª edição em 2010, tendo um alcance direto de 10 mil eleitores.

PALAVRAS CHAVES: Massagem, antiestresse e bem estar.