54 - MASSAGE IN ELDERLY - PREVENTION AND MAINTENANCE OF AGING SKIN

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INTRODUCTION

Aging is a concern for all professional activities , as an audience is constantly growing , according to the Ministry of Health , published in Brazil (2007) , this growth and change in the age profile of the population occur in response to the health indicators and quality life , as the fall in fertility decline in mortality and increased life expectancy.

Skin aging is one of the display areas , which are part of the common changes of age, occurring in several areas of the human body. The intrinsic aging , true or chronological aging is predictable , inevitable and progressive . According Jeckel and Cunha (2006) , aging presents as the only universal characteristic changes taking place over time , regardless of whether they have a deleterious effect on the vitality and longevity .

The changes are noticeable and are directly dependent on the lifetime (Nascimento , 2003) . The skin is the body covering of the human body . It is the largest organ in the body weight and also the most extensive (DOMÊMICO , 1998) .

We classify also according Dinato (2008) that aging can act in two different ways, which arises from the intrinsic aging action chronological skin characterized by wrinkles , loss of elasticity and pigmentation changes, and extrinsic occurring in lifestyle or environmental factors such as sun exposure and smoking, which is also characterized by dry and pale skin , fine wrinkles and reduced elasticity.

The skin can be divided into a top layer called the epidermis and epithelial an intermediate layer , the dermis . Continuing the dermis , the hypodermis is not part of the skin , but which serves as support and unity with the underlying tissues and organs (Cohen , PLEASURES and SILVA , 2009) .

A major concern for dermatologists and cosmetologias is dry skin , which can affect any individual , and the elderly are the most affected , because the stratum corneum is functionally deficient. (Maibach , 1991)

With advancing age, there is a decrease in skin hydration as well as a decreased desire to drink more fluids , due to constant stimuli to the bathroom eliminate many seniors with limitations and agility , prefer to limit the hydration few days , which reflects the skin . A real concern for those who work with the elderly , as beauticians and fitness trainers .

Milan (2006) also discusses that dry skin gives the name of xerosis . Its incidence and severity increase with age, xerosis and pruritus are the most common skin problems in patients of elderly homes . The Senile Xerosis is not characterized as a disease , but causes discomfort for the elderly : beyond their unaesthetic aspect , it relates to environmental conditions (worse in the winter months) , predisposes to itching , cracks and fissures in the skin , flaking , inflammation , eczema, secondary bacterial infections and increased incidence of contact dermatitis .

Nessi (2010) cites the many physiological benefits of massage , but when applied in the elderly , there is greater absorption of the product associated with massage, due to dehydration present in older skin . This practice must be done with a greater number of replicates more smoothly .

Massage can be stimulating or soothing , depending on the speed and intensity of your movements . It can relieve tension , eliminate headaches , relax tight and sore muscles and banish insomnia . Massage can also provide conditions for recovery, by inducing a feeling of well -being. (MILAN , 2006) .

OBJECTIVE

To determine through the practice of Body Relaxing Massage in Elderly female population between 60 and 82 years , improvement , prevention and maintenance of skin hydration of the upper limbs , with the apparatus Corneometer MC 85 PC , the company Tecnotests .

MATERIAL AND METHODS

Were performed in 05 sessions , once a week , lasting 30 minutes each application. In a group of 40 elderly 60-82 years. Checking the PH of hydration in all sessions with the device Corneometer CM 85 PC , application equipment noninvasive technique for determining scientific physiological characteristics of the skin in the upper limbs .

Were excluded , elderly male. Elderly women with any skin problem such as dermatitis or wounds . Also anyone that the massage can be contraindicated



PROCEDURE

The Senior group participants are accommodated on a massage table with lumbar support for comfort . Leaving the upper limbs to the side, resting longitudinal . After warming the hands , is performed following the Relaxing Body Massage , using neutral Massage Cream . Lasting 30 minutes each massage. Conducting 05 sessions each person massaged . Checking the pH ,

after the massage. Which will be held to verify the average among all massaged in the first session and last session . Divided into groups :

Group 01 (60-65 years) , Group 02 (65-70 years) , Group 03 (71-79 years) and Group 04 (80-82 years)

Relaxing Body Massage - Walkthrough:

(07 to 12 repetitions of each movement)

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

2 . Slip Deep = Movement with flat hands , playing the entire area to be massaged with depth , slips centripetal direction , towards the heart .

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

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

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

RESULTS AND DISCUSSION

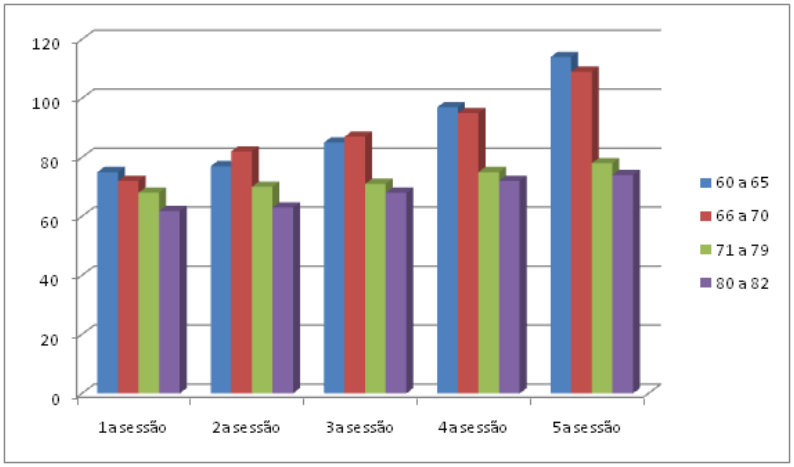
As stated Domenico(2003), the skin undergoes changes over time , can be predicted and growing and can not be avoided , these changes have a direct relationship with the lifetime .

According NESSI (2010), 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 PAUL CASSAR (2001) .

The benefits go beyond relaxation and well -being , including increased local circulation , blood oxygenation , muscle relaxation and nervous system stimulation .

MÉDIA EM RELAÇÃO A CADA SESSÃO DE MASSAGEM				
1ª Sessão	2ª Sessão	3ª Sessão	4ª Sessão	5ª Sessão
75	77	85	97	114
72	82	87	95	109
68	70	71	75	78
61,8	63	68	72	74



CONCLUSIONS

We conclude that in all sessions Relaxing Body Massage associated with hydration through Massage Cream Neutral , held in the upper limbs (upper limbs) a significant increase was observed in the pH of the skin , where the first session was the average of 69.2 and 93.75 last .

The skin of the elderly suffer from dryness natural due to old age , where metabolic changes are committed . The skin aging appears more resected by engagement of the sebaceous glands and sweat glands , making it more susceptible to flaking and abrasions. (Malachi ; BACHION ; NAKATANI , 2008; BRITO , 2003)

With these data we conclude that the Relaxing Massage Body Massage Cream applied with neutral , has a direct action of the hands massaged over the region , favoring better-looking skin by visual observation and increased skin hydration , with evaluation of cutaneous pH . For Physical Activity , are less risk of injury to the skin of the elderly and has a preventive action .

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MASSAGE IN ELDERLY - PREVENTION AND MAINTENANCE OF AGING SKIN

ABSTRACT

Introduction : Aging is a natural process of the human being , which passes through all stages of life from childhood to adulthood , closing the cycle of life , with advancing age, with changes throughout the body , including the skin human . The skin can reveal their chronological age or brake the appearance of old age . The body relaxing massage through its movements as slip , friction , kneading and percussion , providing benefits such as relaxation , increased oxygen supply , reduced muscle tension and pain , decreases anxiety , among many other physiological benefits (CASSAR , 2001; NESSI , 2010) , due to its influence on various organic processes . Objective: Check through the practice of Body Relaxing Massage in Elderly female population between 60 and 82 years, improvement, prevention and maintaining hydration of the skin of the upper limbs, with the apparatus Corneometer CM 85 PC, the company Tecnotests.Methods : Application of Massage in 05 sessions , 01 once a week with a group of 40 subjects 60-82 years old, female , using techniques of body relaxing massage and neutral cream . Expected to improve the appearance of aging skin through massage on the skin and moisturizing of the upper limbs . Verified by device Corneometer CM 85 PC . Results: We conclude that in all sessions Relaxing Body Massage associated with hydration through Massage Cream Neutral , held in the upper limbs (upper limbs) a significant increase was observed in the pH of the skin , where the first session was the average of 69 , 2 and the last 93.75 . The skin aging appears more resected by engagement of the sebaceous glands and sweat glands , making it more susceptible to flaking and abrasions. (MALAQUIAS ; BACHION ; NAKATANI , 2008; BRITO , 2003) With these data we conclude that the Massage Cream Neutral Relaxing Body Massage associated with movements such as gliding , kneading and friction , has a better absorption with the direct action of the hands over the region massaged , favoring better-looking skin by visual observation and increased skin hydration , with evaluation of cutaneous pH . For Physical Activity , is less risk of injury taking preventive action .

KEY WORD : aging, elderly , relaxing massage.

MASSAGE CHEZ LES PESONNES ÂGÉES - PRÉVENTION ET ENTRETIEN DE VIEILLISSEMENT DE LA PEAU

RÉSUMÉ

Introduction: Le vieillissementest un processus naturel de l'être humain , qui passe par toutes les étapes de la vie de l'enfance à l'âge adulte , la fermeture du cycle de la vie , avec l'âge , avec des changements dans tout le corps , y compris la peau humaine . La peau peut révéler leur âge chronologique ou freiner l'apparition de la vieillesse. Le corps massage relaxant à travers ses mouvements glissement, frottement , le pétrissage et percussion , offrant des avantages tels que la relaxation , l'augmentation de l'apport d'oxygène , réduit la tension musculaire et la douleur , diminue l'anxiété, parmi de nombreux autres avantages physiologiques (CASSAR , 2001; NESSI , 2010) , en raison de son influence sur divers processus biologiques. Objectif: Vérifier à travers la pratique du Corps massage relaxant dans la population féminine âgée entre 60 et 82 ans, l'amélioration, la prévention et le maintien de l'hydratation de la peau des membres supérieurs, avec l'appareil Cornéomètre CM 85 PC, la société Tecnotests.Méthodes: Demande de massage en 05 séances , 01 une fois par semaine avec un groupe de 40 sujets 60-82 ans , femelle, en utilisant des techniques de massage du corps relaxant et crème neutre . Prévue pour améliorer l'apparence du vieillissement cutané grâce à des massages sur la peau et l'hydratation des membres supérieurs . Vérifié par le dispositif Cornéomètre CM 85 PC. Résultats : Nous concluons que, dans toutes les sessions massage corporel associé à l'hydratation à travers Crème de massage neutre , qui s'est tenue au niveau des membres supérieurs (membres supérieurs) une augmentation significative n'a été observée dans le pH de la peau, où la première session était la moyenne de 69 ans, 2 et le dernier 93,75 . Le vieillissement de la peau apparaît plus résection par l'engagement des glandes sébacées et les glandes sudoripares , ce qui rend plus sensibles à l'écaillage et à l'abrasion . (MALAQUIAS ; BACHION ; NAKATANI , 2008; BRITO , 2003) Avec ces données , nous concluons que la Crème de Massage Neutre massage corporel associé à des mouvements tels que vol à voile , le pétrissage et la friction , a une meilleure absorption de l'action directe des mains sur la région massé , favorisant peau plus belle par observation visuelle et l'augmentation de l'hydratation de la peau , avec une évaluation de pH cutané. Pour l'activité physique , sont moins de risques de blessures prendre des mesures préventives .

MOTS CLÉS: vieillissement, personnes âgées, massage relaxant .

MASAJE EN PERSONAS MAYORES –PREVENCIÓN Y MANTENIMIENTO DE LA PIEL ENVEJECIDA.

RESUMEN

Introducción : El envejecimiento es un proceso natural del ser humano , que pasa por todas las etapas de la vida de la niñez a la edad adulta , cerrando el ciclo de la vida, con la edad , con los cambios en todo el cuerpo , incluyendo la piel humana . La piel puede revelar su edad cronológica o frenar la aparición de la vejez. El cuerpo masaje relajante a través de sus movimientos de deslizamiento como , fricción , amasamiento y percusión , que proporciona beneficios tales como la relajación , el aumento de suministro de oxígeno , la reducción de la tensión muscular y el dolor , disminuye la ansiedad , entre muchos otros beneficios fisiológicos (CASSAR , 2001 ; NESSI , 2010) , debido a su influencia en diversos procesos orgánicos . Objetivo : Comprobar a través de la práctica de Masaje Corporal Relajante en la población femenina de edad avanzada entre los 60 y 82 años, la mejora, la prevención y el mantenimiento de la hidratación de la piel de las extremidades superiores, con el aparato Corneometer CM 85 PC, empresa Tecnotests. Métodos: La aplicación de masajes en 05 sesiones , 01 una vez por semana con un grupo de 40 sujetos 60 a 82 años de edad , mujer , el uso de técnicas de masaje relajante corporal y crema neutra . Se espera que mejorar la apariencia de envejecimiento de la piel por medio de masajes en la piel y la hidratación de las extremidades superiores . Verified by dispositivo Corneometer CM 85 PC. Resultados : Se concluye que en todas las sesiones de Masaje relajante corporal asociado con la hidratación a través de Crema de masaje neutra , que se celebró en las extremidades

superiores (miembros superiores) se observó un aumento significativo en el pH de la piel , en la primera sesión fue el promedio de 69 años, 2 y el último 93,75 . El envejecimiento de la piel parece más reseca por el compromiso de las glándulas sebáceas y glándulas sudoríparas , por lo que es más susceptible a la descamación y abrasiones . (MALAQUIAS ; BACHION ; NAKATANI , 2008 ; BRITO , 2003) Con estos datos se concluye que la Crema de masaje neutra relajante masaje corporal asociado a movimientos como el vuelo sin motor, amasado y fricción , tiene una mejor absorción de la acción directa de las manos sobre la región masaje , favoreciendo un mejor aspecto piel mediante observación visual y una mayor hidratación de la piel , con la evaluación de pH cutáneo. Para la Actividad Física , tienen menos riesgo de lesión en la adopción de medidas preventivas.

PALABRAS CLAVE: envejecimiento, mayor , masajerelajante.

MASSAGEM EM POPULAÇÃO IDOSA – PREVENÇÃO E MANUTENÇÃO DO ENVELHECIMENTO CUTÂNEO

RESUMO

Introdução: O envelhecimento é um processo natural do ser humano, que passa por todas as etapas da vida desde criança à fase adulta, fechando o ciclo da vida, com o avançar da idade, com alterações em todo o organismo, entre elas o da pele humana. A pele pode revelar sua idade cronológica ou frear a aparência da idade avançada. A massagem relaxante corporal, através de seus movimentos como deslizamento, fricção, amassamento e percussão, proporcionam benefícios como relaxamento, aumento do aporte de oxigênio, diminuição das tensões e dores musculares, diminui a ansiedade, entre tantos outros benefícios fisiológicos (CASSAR, 2001; NESSI, 2010), devido a sua influência sobre vários processos orgânicos. Objetivo: Verificar através da prática da Massagem Relaxante Corporal, em população Idosa feminina entre 60 e 82 anos, a melhora, prevenção e manutenção da hidratação da pele dos Membros Superiores, com o aparelho de medição Corneometer CM 85 PC, da empresa Tecnotests. . Métodos: Aplicação de Massagem em 05 sessões, 01 vez na semana, com um grupo com 40 idosos de 60 a 82 anos do sexo feminino, usando técnicas da massagem relaxante corporal e creme neutro. Espera-se a melhora do aspecto do envelhecimento cutânea através da massagem sobre a pele e hidratação dos membros superiores. Verificado através do aparelho Corneometer CM 85 PC. Resultados: Concluímos que em todas as sessões de Massagem Relaxante Corporal associada à hidratação através de Creme de Massagem Neutro, realizadas nos MMSS (Membros Superiores) houve um aumento significativo observado do pH da pele, em que na primeira sessão a média era de 69,2 e na última 93,75. A pele idosa apresenta-se mais ressecada, pelo comprometimento das glândulas sebáceas e sudoríparas, tornando-se mais suscetíveis as escamações e escoriações. (MALAQUIAS; BACHION; NAKATANI, 2008; BRITO, 2003) Com esses dados concluímos que a Massagem Relaxante Corporal aplicada com Creme de massagem neutro, apresenta uma ação direta das mãos sobre a região massageada, favorecendo melhor aspecto cutâneo pela observação visual e uma maior hidratação da pele, com avaliação do pH cutâneo. Para Atividade Física, é menos riscos de lesões na pele do idoso e apresenta uma ação preventiva.

PALAVRAS CHAVE: envelhecimento, idosos, massagem relaxante.