120 - THE INFLUENCE OF ANTI STRESS MASSAGE IN WELLNESS AND MUSCLE RELAXATION IN BELLY DANCE FOR PRACTITIONERS

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INTRODUCTION

All that we present in our body, stress, pain, retractions, stiffness results are history experienced by each structure, determining the future formation of our body. What we call body memory. (Ribeiro and Magalhaes, 1997)

The body is plastic and flexible, and our experiences, feelings, emotions and behaviors, proffer to body movements unique features. (MONMENSOHN and PETRELLA, 2006). For Laban cited Monmensohn and Petrella (2006) is essential to learn the relationship between body and space, it means body, feelings and reason, to be able to express themselves.

To Bencardini (2002), dance is also a form of individual, feminine and artistic expression. Belly dancing has a postural sequence which implies defining the steps as rotation of the wrist, sinuous movements and wave establishing different designs for the body of the dancer, this in turn should have a postural education to perform each step with domain and lightness. After all good posture is the pillar of dance to achieve the quality, proficiency and prevent future injuries, or should avoid the vices so that no structure is not overloaded. A anteversion of the pelvis made an exaggerated manner can cause an increased lordosis, relax your lower abdomen and result in fat accumulation in the abdomen. (PROCÓPIO, 2010)

Since ancient times, massage is used as a treatment to relieve pain and heal wounds (FRITZ, 2000) assisting in promoting the welfare, treatment of injuries and disorders, sprains, dislocations and relieve fatigue (Davis, 2006) . The touch can then be used to assist in range of motion (mechanical) or relaxation for the well being (expressive), says Fritz (2000).

According to Greve and Amatuzzi (1999) massage effect on the muscles, nervous system, respiratory and circulatory system, acting in relieving pain symptoms, stress, reduced edema, prevention of fibrosis formation, discomfort and contractures.

To Austregésilo (1988) cited Nessi (2014), the massage is the language of touch, which together with other tones exert aesthetic purposes, therapeutic, emotional and even playful. Thus, the anti-stress massage aims to reduce the musculoskeletal strains, providing physical and mental well-being and consequently produce a therapeutic effect.

So the aim was to verify the benefits of anti-stress massage on postural education, welfare and muscle relaxation in women practicing belly dancing, regardless of the level of activity and considering the pain and discomfort caused by indications postural patterns to assess their improvement in physical and psychological level.

Massage facilitates growth, reduces pain, reduces stress, improves the immune system (increases the natural killer cells), lowers blood pressure, reduces anxiety and hostility in hypertensive, operates in the endocrine system by stimulating certain substances and cause mechanical effects acting directly on the soft tissues normalizing the connective tissue or body fluids, mobilizing and intestines. (Fernandes et al, 1999)

It stimulates the elimination of toxins resulting from inflammation, infection or muscle spasms, venous and lymphatic return, normalization of reflex zones and, as a specific condition, relieves symptoms related to certain pathologies, acting on the physiological, neural and mechanical mechanisms. (CASSAR, 2001)

There are some laws that affect the tissues such as: Law Woff where biological systems (soft and hard tissues) deform over the power lines that are imposed upon him; Hooke's law where the deformation (strain) applied to an elastic body is proportional to the stress applied to it and the Third Newton's Law that says two interact bodies, where the force exerted by the former over the latter is of the same intensity and reverse duration the force exerted by the latter over the former. (Chaitow, 2008)

Like the Touch Research Institute School Medicine Universiting of Miami found decrease in migraine pain cycle and improved range of motion in patients with low back conditions as massage reactions (Silva cited FRITZ, 2002), Cassar (2001) stated that massage can bring analgesia through the pain cycle breaks because reflexes and mechanical effects block the prolonged contractions that take place within the muscle promoting a reflex contraction.

The neural supply from the dermatomes, areas of skin innervated by the same nerve root and myotomes, set of muscle fibers innervated by the same nerve root is related to the manipulation of soft tissue and represents the innervation of peripheral tissues the nerves of the spine. It is through the manipulation of those tissues that induce reflex effects in organs who share common spine nerves. Some neuropeptides are influenced by massage as dopamine, increasing it and influencing the movement, serotonin that affects mood and reduces irritability, epinephrine and adrenaline and adjusted to offering balance, relieving fatigue, Enkephalin and Endorphin raising morale and reducing pain. Oxytocin is also activated, which increases the sentimental relation with the massage therapist creating a bond - the client. Cortisol is reduced and substance P, decreasing stress the adrenal. (Fernandes et al, 1999)

The anti-stress massage is done through gentle movements, accompanied by calming music to promote relaxation and rescue the lost balance with the stress of everyday life. Uses skill and delicacy, for coordinated and rhythmic movements, with deep and gentle manipulations promoting the welfare through the reduction of musculoskeletal strains. (NESSI, 2010)

The excitement and stress acting for a long time in our bodies can raise hormone levels are responsible for various diseases (Lederman, 2001).

According Chaitow (2008), stress causes biochemical changes that increase neural excitability, alters posture, increases tone, decreased circulation, decreased oxygen supply, lack of energy and damage to the sarcoplasmic reticulum. These changes occur chain and the next event refers to pump calcium that leads to a loss of even higher energy, increased local pressure leads to spasms and pain. This reaction can be normalized after stretching where actin and myosin fibers released ATP enough to stop the process. The muscles that are shortened in this situation are: gastrocnemius, soleus, medial hamstrings, short thigh adductors, hamstrings, psoas, pirifome, tensor fascia lata, lumbar square, spine erector, latissimus dorsi, trapezius, esternocleideomastóideo, the lifter scapula, pectoralis major and flexor muscles of the arms.

In today's society, stress is something intrinsic, but each has a response when exposed to stressors. Just as it says Datti (1997) cited Deliberato (2002) there is positive stress called diestresse and negative called eustress. The latter cause several changes in the body as pain in the lumbar and cervical spine, head and difficulty relaxing. (Deliberato 2002)

There is a mobile system that transmits the stress of the stressed cells for stressed not starting a process of

adaptation. Daily we are subjected to situations that cause remodeling of our cells (SWARTZ et al, 2001 cited Chaitow, 2008), ie, compensation, disease and aging can lead to fascial strain modifying the soft tissues. Exposure to these variations prolonged disrupt the cellular and tissue functions, affecting the overall health of the individual. (BHATIA, 99, RUWHOF 2000 cited Chaitow, 2008)

Stress has three phases as well as the physiologist Hans Selye described: alert phase, one in which the body responds to a threatening situation through the cortex of the production factor releasing adrenocorticoticotrofico hormone in which it operates in the adrenal glands stimulating adrenaline, norepinephrine and corticosteroids. The reactions are tachycardia, hypotonia, heat release by sweating. If the stimulus is terminated, the body returns homeostasis, but is occurring long as the second phase is operated, that is, it starts the phase resistance which can be seen stiffness, insomnia, pain and head. If exposed for a prolonged period of time, begins the third and last step the exhaustion phase with generalized depletion and reduction of organic defenses. As for Lipp (2003) cited Sanzovo and Coelho (2007) defines a fourth phase as that of near exhaustion.

Massage can be used as therapeutic resource after physical activity with the following components: deep muscle kneading and smoothing to decrease the muscle tone and accelerate the removal of catabolites by increasing the circulation. (LUDKE 1979 cited WEINECK 1991 cited Ursulino, 2003)

The spine, as well as everything in our body has a function. It coordinates the movements of the appendicular skeleton, protecting the spinal cord, the individual provides mobility and elasticity. Made up of 33 vertebrae that are distributed in: 7 cervical, 12 thoracic, 5 lumbar, 5 sacral and 4 that form the coccyx. Its classic curvature is in the frontal plane, lateral, in the sagittal plane, flexion and extension and, in the transverse plane, rotation, right or left (Borges et al, 2012)

Ideal posture is considered one that requires minimal energy expenditure and is pain-free (Deliberato, 2002), ie, requires minimal labor ligaments and muscles thus maintaining the anatomical position (Kendall et al, 2007 cited Vacari et al, 2013) but as it is not fixed, the position can be changed due to load of action and resistance (Miller, 2007)

According Deliberato (2007) posture refers to the fact support the body in an arrangement of the respective body parts.

The posture may be classified into active with muscular action occurs where the motion and idle running, usually in rest situations where the muscle is relaxed. (Deliberato 2002)

According Chaitow (2008) we can classify postural patterns of fascia as compensation, when a muscle shortening, but the change is functional; and decompensation occurs the same change, but the adaptive reaction is not functional. For compensatory standard have three divisions: ideal, has full rotation and degrees from almost normal amplitude with minimal weight transferred to another region; offset direction changes from one region to another and decompensated, where there is a negative adjustment but the resoluteness is minimal and has impaired function.

For Kisner and Colby (1998) cited Antunes and Domingues (2008), postural disorders may result from prolonged bad habits, tissue healing following surgery or trauma, involving the shortening of the soft tissue and muscle weakness.

According to Haas (2011), the dance is the combination of well-designed movements with rhythm, speed and muscle control where the display of physical skills need full physical and psychological conditioning. And for Verderi (1998) cited by Braga (2007) was created from the need to express themselves, dance is considered one of the oldest expressions of body language.

Yakhni (2010) says that life is constantly moving, after all, is the essence of the meaning of being alive. From the movement that expresses the behavior and communicates harmony with the environment.

Dance is not only beauty, also brings together technical knowledge and body works muscle groups and every degree of difficulty acts in a given region, ie who knows his body dominates any movement. (BRAGA, 2008). This activity promotes besides the postural adjustment made by the language of movements psychological awareness to change attitudes.

Initially belly dancing was a sacred ritual performed by priestesses in honor of the gods. His movements were inspired by animals and bare belly extolled the coming force of creation and which is represented by the uterus. It was broadcast around the world through the invasions and wars out of the temples and conquering other cultures, popularizing it. (ABRAM, 2005)

According to Sharif (2004) cited Xavier (2006) Oriental dance has divisions defined from the region of its origin, each with its own pace, clothing, specific movements and posture.

Thus, the lesions begin to appear mainly in the period championships and the excessive activities, so Henstra et al (2001) cited Ribeiro and Oliveira (2008) believes that muscle fatigue interferes with neuromuscular control which causes changes in proprioception.

According Alcantara et al (2010), the flexibility of the soft tissue can alter the physiological mechanics of movements, muscle fatigue, decreased range of motion and even injuries.

Fatigue can be described as a decreased ability to perform physical activities (Borges et al, 2012) and reversible decrease in the ability of a system or body due to overload on it. (Couto, 1995 cited KOAKUTSU et al, 2007)

Conceptualization is flexibility from the mobility of a given joint in a range of free movement limitations and pain. (Kisner, BOLBY 1998 cited ALCÂNTARA, FIRMINO and LAGE, 2010), characterized as plasticity, suppleness and elasticity, also depends on the individual's physical fitness (ARAUJO, 2000 cited CORTES et al, 2002). Complementing Mello and Tufik (2004) state that is related to the maximum range of motion that can be achieved with differences between individuals and between joints.

The decreased flexibility with muscle weakness can cause back problems and lesions (Mello and TUFIK, 2004). However, maintaining flexibility helps in performing ADLs (activities of daily living), and improve postural imbalances (ALCÂNTARA, FIRMINO and LAGE, 2010) and be important for carrying out of sports. (MELLO and TUFIK, 2004)

According to Booth and Thomason (1991) cited Chaitow (2008) the tendon reacts against the exercise by structural change, with increasing strength, energy storage and elastic. The muscle responds to aerobic exercise bringing the constituent and mitochondrial respiratory capacity of muscle fibers and resistance exercise, with hypertrophy and increased contraction force. (YAKHNI, 2010) is from the healthy spine we can ensure postural stability and balance. (HAAS, 2011)

According Bencardini (2002), every dancer to facilitate the learning and practice of dance, must first exercise lumbar mobility, moving the region along with the hip movements. Then practice the trunk movement, corresponding to movement of the thorax and the upper limb joints. And finally, working the neck corresponding to the movements that are made with the head. States, therefore, the higher the muscle work, the less overhead and articulate the broader and more beautiful body movement during the dance, bigger and stronger the muscle work. Even so, it can be said that when the muscle is strained for a long time in the future may have some physiological reactions and may or may not lead to a pathology.

Cardoso et al (2003) cited by Silva (2009) points out that a belly dancer performs similar movements kinesiotherapy as anterior and posterior pelvic tilt, rotation forward and back, side slopes, elevation and depression of the pelvis, as well as stretching and breath. Work decoupling head, arms, torso and hip, as well as flexibility and body awareness. (MORO, 2004)

To Laurino (2010), finishing a workout or competition muscles are overheated and greater volume than previously, due to metabolic wastes produced during exercise. Factors such as local acidity and microlesions cause pain zones, known as DOMS.

This pain will be felt immediately after exercise and range from 24 to 48 hours, affecting individuals who are untrained to a long period or exceeded its limit load and performed very intense physical activity. It occurs collagen degradation, increased myoglobin, inflammation and in response the body remove the injured tissues by stimulating the repair. (LAURINO, 2010)

To Calazans (2003) cited Procopio (2010), from the completion of the therapeutic work that promotes dance, it can be beyond the technical, awareness of tension and dispute that the body carries preventing the natural flow of life.

METHODS

This is a field research, interventional, qualitative performed with a group of 12 women aged 18 to 50 dance practitioners of the Cultural Center womb in Jabaquara in São Paulo.

The conduct of the study began after approval of the Ethics Committee in Research Involving Humans and the volunteers have signed the Instrument of Consent, and have been informed of confidentiality and have the right to withdraw from the research is not They feel the urge to participate.

They were excluded with cancer, inflammation and infections, fever, vascular damage, dermatitis, acne and psoriasis, decompensated hypertensive and those who have undergone other treatments for postural reeducation.

For the analysis and quantification of data, photos, goniometry analysis, evaluative tests like Apley and 3rd finger-soil were used questionnaires containing the Visual Analog Pain Scale (VAS) that records the intensity of pain, where 10 is the maximum and 0 minimal (Ferreira et al, 2013), standard summary sheet painful, which considers seizure frequency and duration, scale analysis grid stress and standard of humor.

The anti-stress massage was performed on all volunteers once a week, totaling 5 sessions. After one week of completion of the session was performed Stibor index tests in order to evaluate the mobility of the column index and Schober, the mobility of the lumbar spine.

We assess the special test shoulder Apley active mobility of the shoulder girdle. We ask the patient to perform abduction and external rotation causing it to reach behind his head the top angle of the scapula contralateral, across requested engaged in an internal rotation and adduction in order to achieve the lower angle of the contralateral scapula. (Maeda et al, 2009)

For overall assessment of the flexibility we use the Test 3 finger-ground ° consisting of requesting a trunk flexion with knees straight. The test is positive if it is not possible that the third finger touches the ground. (Carvalho et al, 2009)

As a comparative standard for goniometer use the following degrees of motion: To Rose (2001) shoulder degrees are: length between 45 ° to 50 °; flexure 180 (total amplitude of the shoulder); shoulder internal rotation - 95 (90 exceeds a little); external rotation of the shoulder - 80 (not reaching 90 °); 180 abduction and adduction 30 to 45. According to Marques (2003) degrees lumbar spine are flexion 0-95 °; 0 to 35 extension, lateral flexion, and 0 to 40 ° rotation from 0 to 35 and cervical spine: 0 to 65 of flexion, extension 0 to 50, 0 to 40 lateral flexion and rotation 0 ° to 55 °.

In Stibor Index tests we ask that the patient is upright with heels together and extended legs, draw a straight line toward the iliac spines to the seventh cervical vertebra. With a tape is measured distance between the dots, then we request a trunk flexion while maintaining the extended pattern of the lower limbs. The test is positive if the distance increases less than 10 cm, indicating a decrease in flexibility of the spine. In Schober Index being in the same position of the previous test, we draw a line in the direction of the iliac spines and the other 10 cm above, we request the trunk flexion. The test is positive if the distance has change of less than 5 cm, indicating stiffness in the lumbar spine. (COSTA et al, 2012)

The perceived stress range refers to a table consists of 14 questions to which the patient should inform the frequency occurs given situation 0 = never; 1 = hardly, 2 = sometimes, 3 = nearly always 4 = forever . Positive die issues should be added to the score reversed, ie, 0 = 4 1 = 3 2 = 2 3 = 1 4 = 0. The total points ranging from 0 to 56, higher the number the higher the stress level. (Viana et al, 2001)

Regarding the Profile of Mood test (POMS), psychology uses it to assess emotional and mood states where the table adjectives refers to stress, depression, vigor, hostility, fatigue and confusion. This scale has degrees in point 5, as follows: 0 = never, 1 = little, 2 = moderate, 3 = enough, 4 = very much. For items voltage (quiet), confusion (effective and competent) the score should be reversed. (Viana et al, 2001)

To run the protocol, we request that the client is positioned in the prone position and discover the region to be treated. We apply neutral oil directly on the client's body and the hands of the professional to facilitate the performance of maneuvers and execute the sequence with 7-12 repetitions of each movement as described in Annex I.

Results and Discussion

As Kellogg and Despard cited Oliveira (2012) massage makes more elastic and firmer muscle, due to the increased muscle caused by repetitive movements. Therefore, the observed reduction in the distance in the third test soil finger, since the massage promotes heating surface principally on friction maneuver obtaining great improvement in the elasticity and flexibility of the volunteers.

In the evaluation of the third solo finger test, they were excluded from the average all voluntary who had no distance between the finger and the ground before and after the test, but among the other voluntary there was a positive result immediately after the massage, narrowing the gap average of 3cm to 4cm. In some cases, voluntary managed to reduce completely the distance, confirming the statement of the authors Kellogg and Despard mentioned above. But in the long run we did not observe significant improvements.

Apley for your test, we found that, after performing the massage, the volunteers who have tested positive have reduced the distance between the upper angle of the contralateral scapula between 1 cm and 2.5 cm, in addition to decreasing pain in the movement execution. In the long term, no significant improvement before and after the sessions.

Golgi (1977) apud Coelho (2007) also states that the heating of the soft tissue and muscle allows for increased flexibility of the shortened tissue, muscles relax and stretch more easily which corroborates our study regarding the evaluation of goniometer .

For the construction of the table degrees was used as base physiological range of motion methodology as described in Rose (2001) and Marques (2003). It reads the greater the difference between the initial level subsequent to the study results, the greater the improvement in range of motion relative to the body physiology.

Table 1 - Shoulder range of motion comparison Law

Analyzed movements Physiological Average Average (Before) Average (After)

Bending 180 ° 166 ° 179
Extension 45 ° 33 ° 36 °
Abduction 180 ° 163 ° 173 °

Table 1 on the range of motion of the right shoulder, it is understood that the right shoulder had an 8% improvement in flexion, extension 7% and 6% abduction.

Table 2 - Comparison of range of motion of the Left Shoulder
Analyzed movements Physiological Average Average (Before) Average (After)
Bending 180 ° 168 ° 179 °
Extension 45 ° 33 ° 36 °
Abduction 180 ° 163 ° 175 °

We concluded in Table 2 that the flexion, extension and abduction of the left shoulder have a gain of 6% over the range of motion. While adduction, medial and lateral rotation of both shoulders were stable, near or equal to the angles considered physiological.

Table 3 - Comparison of range of motion of the Lumbar Spine
Analyzed movements Physiological Average Average (Before) Average (After)
Flexion 95 ° 83 ° 94 °
Right flexion 40 ° 32 ° 36 °
Left flexion 40 ° 33 ° 37 °
Extension 35 ° 36 ° 38 °

In the case shown in Table 3, the obtained lumbar spine 11% improvement in flexural, 10% right bending, left bending extension 8% and 7%. We did not observe significant changes in right and left rotation.

Table 4 - Comparison of range of motion of the Cervical Spine
Analyzed movements Physiological Average Average (Before) Average (After)
Flexion 65 ° 49 ° 53 °
Right flexion 40 ° 35 ° 39 °
Left flexion 40 ° 35 ° 40 °
Right rotation 55 ° 46 ° 49 °
Left rotation 55 ° 46 ° 49 °

For the cervical spine, represented in table 4, the massage resulted in a gain in bending and rotation, and an improvement of 6% in bending, flexion right 8%, 10% for the left and right rotation and left 5%. However, concerning the length values remained stable after treatment.

For the Stibor and Schober test, evaluate trunk flexibility in lower limbs posterior portion (MAGEE, 2005 apud COSTA et al, 2012), the data were inconclusive and need larger studies to prove the efficacy of massage for the back muscle group that is retracted.

Livermore (1984) cited by Cox (2002) determined that there are two types of sensory fibers: type A (myelinated) for superficial somatic pain and the type C (unmyelinated) for deep pain, disabling and difficult to locate. So we suggest that the volunteers had type A somatic pain, because that is sensitive to touch and pressure driven by rapid pulse, ie relief after the massage.

Dougans (2001) cited Seubert and Veronese (2008) claim that in all parts of the body have innervation originating from the spinal cord, and the abnormal voltage causes a stiffening of the spine muscles, affecting the nerves and causing pain. Therefore, we associate the pain of voluntary excessive strain caused by belly dancing, as they are on average five hours weekly test. Still on the soft muscle tissue and heating, Golgi (1977) apud Coelho (2007) also states that may occur in late decrease in muscle pain that can be caused by physical exertion that causes the dance.

However, negative emotions can not be considered directly as a factor in diseases, but it is from there that changes occur in the quality of life and conduct that could damage the health of the individual. We have identified the improvement of stress after analyzing the questionnaire administered to the volunteers as Annex II, resulting in a score of 30 among 56 points for initial stress and after the massage got 6% reduction in the rate.

According Guirro (1992) cited Mendes et al (1998), the massage has beneficial effects for post exercise its increased circulation and rapid removal of residual substances, assisting in the recovery of muscles hooked. Hollis (1990) apud Mendes et al (1998) says that massage into painful areas can lower the tone and muscle spasm, and sense of well being, pain relief and muscle relaxation, views reactions also in our research.

Good humor stimulates natural killer cells (NK), therefore, according to Takahashi (2001) cited Ballone et al (2007), people who have negative emotional content has imbalances between the nervous, immune and endocrine systems. We can see that as the volunteers felt improvement in their emotional state could better react to everyday situations, that is, as Palmer (1910) cited by Cox (2002) says "the human body is the 3 laws actions: spiritual, mechanical and chemistry, united in a triad. While there is a perfect union of the three, there will be health. "

CONCLUSION

Through this experimental research, we concluded that the anti-stress massage performed in five sessions on the back in belly dance practitioners, aiming to muscle relaxation, postural reeducation, stretching and flexibility proved effective in decreasing the stress, increase immediate flexibility, reduced pain delayed onset muscle, and increase self esteem. Presented significant results as in the improvement of 8% of flexion, extension and 7% to 6% shoulder abduction; 11% at the lumbar spine in flexion and extension 7%; 6% in cervical flexion. But for deeper results, indicate long-term research on the benefits anti-stress massage.

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THE INFLUENCE OF ANTI STRESS MASSAGE IN WELLNESS AND MUSCLE RELAXATION IN BELLY DANCE FOR PRACTITIONERS

ABSTRACT

As the largest organ in the human body skin and the first contact with the environment, the touch becomes more effective communication than speech. Massage in turn, is a resource that promotes pain relief and injury (FRITZ, 2000) and as body image change method. (Lederman, 2001) Objective: To verify the benefits of anti-stress massage on postural education, welfare and muscle relaxation in belly dance practitioners. Method: Study field research, interventional, qualitative conducted with 12 women aged between 18-50 years. There were 5 anti-stress massage sessions on the back and to evaluate the results we used the goniometer of Carci mark, Apley test, 3rd finger-soil, Stibor Index, Schober Score and questionnaires: Pain analysis (EVA), Stress Scale Standard and humor. Conclusion: Through this experimental research, we concluded that the anti-stress massage was effective in decreasing the stress, increase flexibility immediate, self esteem and reduction of high DOMS. Showed significant results in the improvement of 8% of shoulder flexion, extension 7% to 6% and abduction; 11% at the lumbar spine in flexion and extension 7% and 6% for cervical flexion. But for deeper results, indicate long-term research on the benefits anti-stress massage.

KEYWORDS: Wellbeing, Belly Dancing, anti-stress massage.

L'INFLUENCE DE MASSAGE ANTI-STRESSE DANS RELAXATION ET BIEN-ÊNTRE DU MUSCLE EM DANSE DU VENTRE POUR LES PRATICIENS.

RÉSUMÉ

Comme le plus grand orgue dans la peau du corps humain et le premier contact avec l'environnement, le toucher devient une communication plus efficace que la parole. Massage à son tour, est une ressource qui favorise soulagement de la douleur et des blessures (Fritz, 2000) et que l'image du corps changements méthode. (Lederman, 2001) Objectif: Pour vérifier les avantages de massage anti-stress sur l'éducation posturale, le bien-être et la relaxation musculaire dans les praticiens de la danse du ventre. Méthode: recherche sur le terrain de l'étude, interventionnelle, qualitative menée auprès de 12 femmes âgées de 18-50 ans. Il y avait 5 séances de massage anti-stress sur le dos et d'évaluer les résultats, nous avons utilisé le goniomètre de la marque ICCRA, essai Apley, 3ème doigt-sol, Stibor Index, indice de Schober et questionnaires: Douleur analyse (EVA), Échelle de stress standard et d'humour. Conclusion: Grâce à cette recherche expérimentale, nous avons conclu que le massage anti-stress était efficace pour réduire le stress, augmenter la flexibilité immédiate, l'estime de soi et la réduction des courbatures élevés. A montré des résultats significatifs dans l'amélioration de 8% de l'épaule flexion, l'extension de 7% à 6% et l'enlèvement; 11% au rachis lombaire en flexion et l'extension de 7% et 6% pour la flexion cervicale. Mais pour obtenir des résultats plus profonds, indiquer recherche à long terme sur la avantages massage anti-stress.

MOTS-CLÉS: Bien-être, la danse du ventre, massage anti-stress.

LA INFLUENCIA DE MASAJE ANTI ESTRES EN RELAJACIÓN BIENESTAR Y MUSCULAR EN EL VIENTRE DE LA DANZA PARA PROFESIONALES

RESUMEN

Como el órgano más grande del cuerpo humano de la piel y el primer contacto con el medio ambiente, el toque se convierte en una comunicación más eficaz que habla. Masaje a su vez, es un recurso que promueve el alivio del dolor y la lesión (FRITZ, 2000) y como método de cambio de imagen corporal. (Lederman, 2001) Objetivo: Verificar los beneficios del masaje anti-estrés en la educación postural, el bienestar y la relajación muscular en los profesionales de la danza del vientre. Método: Estudio de investigación de campo, intervencionista, cualitativo realizado con 12 mujeres de edades comprendidas entre 18-50 años. Hubo 5 sesiones de masaje anti-estrés en la espalda y para evaluar los resultados que hemos utilizado el goniómetro de marca Carci, prueba de Apley, tercero dedo-suelo, Índice Stibor, Schober Index y cuestionarios: Dolor análisis (EVA), Escala de Estrés Estándar y el humor. Conclusión: A través de esta investigación experimental, se llegó a la conclusión de que el masaje anti-estrés fue eficaz en la disminución del estrés, aumentar la flexibilidad inmediata, la autoestima y la reducción de los elevados DMAR. Mostró resultados significativos en la mejora de 8% de la flexión del hombro, extensión de 7% y el 6% y el secuestro; 11% en la columna lumbar en flexión y extensión 7% y 6% para la flexión cervical. Pero para obtener resultados más profundos, indique investigación a largo plazo sobre los beneficios de masaje anti-estrés.

PALABRAS CLAVE: Bienestar, danza del vientre, masajes anti-estrés.

A INFLUÊNCIA DA MASSAGEM ANTIESTRESSE NO BEM ESTAR E NO RELAXAMENTO MUSCULAR EM PRATICANTES DE DANÇA DO VENTRE

RESUMO

Sendo a pele maior órgão do corpo humano e o primeiro contato com o ambiente, o toque se torna a comunicação mais eficaz do que a fala. A massagem por sua vez, é um recurso que promove alívio das dores e ferimentos, (FRITZ, 2000) e como método de alteração de imagem corporal. (LEDERMAN, 2001) Objetivo: verificar os benefícios da massagem antiestresse na educação postural, bem estar e no relaxamento muscular em praticantes de dança do ventre. Método: estudo de pesquisa de campo, intervencionista, qualitativa realizado com 12 mulheres na faixa etária entre 18 a 50 anos. Foram realizadas 5 sessões de massagem antiestresse no dorso e para avaliar os resultados foi utilizado o goniômetro da marca Carci, teste Apley, 3º dedo-solo, Índice de Stibor, Índice de Schober e questionários: análise da dor (EVA), Escala de Estresse e Padrão do Humor. Conclusão: Através dessa pesquisa experimental, concluímos que a massagem antiestresse foi eficaz na diminuição no estresse, aumento de flexibilidade imediata, elevação da auto estima e redução dor muscular tardia. Apresentaram resultados significantes na melhora de 8% da flexão ombro, 7% para extensão e 6% abdução; na coluna lombar 11% na flexão e 7% extensão e para cervical 6% na flexão. Porém para resultados mais profundos, indicamos pesquisas a longo prazo, sobre os benefícios massagem antiestresse.

PALAVRAS-CHAVE: Bem estar, Dança do Ventre, Massagem antiestresse.