



MASSAGE

PHYSIOVET 

© Dr. Sabine Mai, MSc, MAS, CCRP
Physiotherapy & Rehab

Massage


- Definition
- History
- Connective Tissue
- Effects
- Indications
- Preparation
- Techniques
- Examples
- Special Techniques

PHYSIOVET 

© Dr. Sabine Mai, MSc, MAS, CCRP
Physiotherapy & Rehab

Definition

- Manipulation of the soft tissues of the body

PHYSIOVET 

© Dr. Sabine Mai, MSc, MAS, CCRP
Physiotherapy & Rehab



History

2700 BC Kong Fu writes about massage and gymnastic exercise
400 BC Hippocrates et al bring massage to Europe
150 Galen describes manual therapy
1500 Pare´ et al describe anatomy and massage
1600 France, the classic techniques are written down



© Dr. Sabine Mai, MSc, MAS, CCRP
Physiotherapy & Rehab

Massage + Connective Tissue CT

- The main constituent of connective tissue is collagen
- Collagen resists axial tension
- Collagen fibers allow the tissue to function under mechanical stress
- CT responds to longitudinal stress by elongation – until it is overstretched and damaged



© Dr. Sabine Mai, MSc, MAS, CCRP
Physiotherapy & Rehab

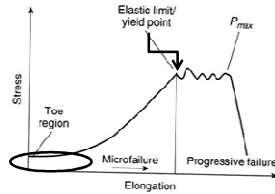
- Until the yield point elongation is not permanent
- The point of maximum stress without permanent damage is an elastic limit
- While micro failure happens, the tissue seems to be undamaged



© Dr. Sabine Mai, MSc, MAS, CCRP
Physiotherapy & Rehab



- In overstretching and overstepping the yield point major fiber bundle failure occurs
- Last step is complete rupture



© Dr. Sabine Mai, MSc, MAS, CCRP
Physiotherapy & Rehab

Viscoelasticity

- Response of tissue to loading depends how quickly this load is applied
- The faster pressure is applied, the stiffer the tissue will behave
- With rapid loading friction results and the tissue heats up



© Dr. Sabine Mai, MSc, MAS, CCRP
Physiotherapy & Rehab

Effects

- Increase of lymphatic flow
- Fluid interchange between tissue and vessels
- Flushing effect by transporting new fluids into the tissue
- Chemical waste products are removed
- Sensory and automatic nerves are stimulated



© Dr. Sabine Mai, MSc, MAS, CCRP
Physiotherapy & Rehab



Effects

- Relieves
 - o Distress
 - o Anxiety
 - o Discomfort
- Eases
 - o Pain
 - o Spasms



© Dr. Sabine Mai, MSc, MAS, CCRP
Physiotherapy & Rehab

Effects

- Helps in the development of the cortex and subcortex in young animals
- Regulates muscle tone
- Muscle soreness is reduced
- Adds extra stimulus to sensory organs



© Dr. Sabine Mai, MSc, MAS, CCRP
Physiotherapy & Rehab

Effects

- Increases blood circulation
- Loosens stiff muscles
- Reduces swelling and edema
- Prevents or decreases the amount of muscle atrophy
- Improves ROM



© Dr. Sabine Mai, MSc, MAS, CCRP
Physiotherapy & Rehab



Indications

- Chronic musculoskeletal condition and its secondary adaption in gait and posture
- After surgery
- Permanent low grade disease: Osteoarthritis
- Before performance to warm up
- After performance to cool down
- Muscle soreness
- Stress



© Dr. Sabine Mai, MSc, MAS, CCRP
Physiotherapy & Rehab

Contraindications

- Shock
- Decompensation
- Fever
- Acute inflammation
- Skin problems
- Aggressive animals



© Dr. Sabine Mai, MSc, MAS, CCRP
Physiotherapy & Rehab

Practical Application

- Rest the animal comfortably
- The environment has to be
 - o quiet
 - o well climated
 - o not too bright,
 - o no disturbances (owner?)
- Position yourself comfortably!!



© Dr. Sabine Mai, MSc, MAS, CCRP
Physiotherapy & Rehab



- A massage will last from 5 minutes to 1 hour
- That depends on the indication and the dog's will to relax
- If you do a therapeutic massage evaluate and reevaluate the dog
- Shall be repeated every other day – twice a week



© Dr. Sabine Mai, MSc, MAS, CCRP
Physiotherapy & Rehab

Directions

- Always towards the heart
- Following the lymphatic pathways



© Dr. Sabine Mai, MSc, MAS, CCRP
Physiotherapy & Rehab

5 Classic techniques

- o Effleurage = stroking
- o Petrissage = kneading
- o Friktion = circling
- o Tapotement = percussion
- o Vibration = Vibration



© Dr. Sabine Mai, MSc, MAS, CCRP
Physiotherapy & Rehab



Effleurage

- Superficial technique
- a series of massage strokes to warm up the muscle before deep tissue work using petrissage.
- This is a soothing, stroking movement used at the beginning and the end of body massage.
- It is also used as a linking move between the different strokes and movements.



© Dr. Sabine Mai, MSc, MAS, CCRP
Physiotherapy & Rehab

Effleurage

- Effleurage can be firm or light without dragging the skin and is performed using either the padded parts of the finger tips or the palmar surface of the hands, and works as a mechanical pump on the body to encourage venous and lymphatic return.



© Dr. Sabine Mai, MSc, MAS, CCRP
Physiotherapy & Rehab

Petrissage

- massage movements with applied pressure
- deep technique
- Kneading, wringing, skin rolling and pick-up-and-squeeze are the petrissage movements
- with the padded palmar surface of the hand, the surface of the finger and the thumbs.
- When kneading the movements should be slow and rhythmical.



© Dr. Sabine Mai, MSc, MAS, CCRP
Physiotherapy & Rehab



Friction

- Circular - Transverse – Longitudinal frictions
- Frictions are precise movements focussed on specific anatomical structures
- Circular Frictions: using the tips of fingers or thumbs applying some pressure and some circular manipulation.



© Dr. Sabine Mai, MSc, MAS, CCRP
Physiotherapy & Rehab

Friction

- Transverse Frictions: The tips of the fingers are moved backwards and forwards across the structure being worked
- there must not be movement between the therapist's fingers and the dog's skin - but rather movement between the structures being worked at
- To loosen adhesions



© Dr. Sabine Mai, MSc, MAS, CCRP
Physiotherapy & Rehab

Friction

- Longitudinal Friction: Pressing into the skin and moving it over the underlying tissues. Fingers do not glide or grasp. Motions are in the same direction as the muscle fibers (longitudinal).



© Dr. Sabine Mai, MSc, MAS, CCRP
Physiotherapy & Rehab



Tapotement

- is a rhythmic percussion
- most frequently administered with the edge of the palm or the heel of the hand.
- It is primarily used as a stimulating stroke or for tense muscles



© Dr. Sabine Mai, MSc, MAS, CCRP
Physiotherapy & Rehab

Vibration

- tissues are pressed and released in an "up and down" movement.
- a fine trembling movement applied using the palmar surfaces or just some of the finger tips of either or both hands.
- To soothe irritated nerves, to loose scar tissue, to relax muscles, stimulate circulation and glandular activity.



© Dr. Sabine Mai, MSc, MAS, CCRP
Physiotherapy & Rehab

Massage

Tense muscles: stroking, circling, friction, percussion

Atrophic muscles: vibrations, friction, kneading

Weak muscles: circling, friction, percussion

Sensibility: soft strokes, tingling, compressions



© Dr. Sabine Mai, MSc, MAS, CCRP
Physiotherapy & Rehab



Manual Lymphatic Drainage

- Manual Lymphatic Drainage was developed by Dr Emil Vodder in France during the early 1930s as a safe, effective technique to improve lymphatic system function, relieving chronic conditions such as sinus congestion, fluid retention and digestive disorders.
- Very special techniques!



© Dr. Sabine Mai, MSc, MAS, CCRP
Physiotherapy & Rehab

Tui na

- Tui na is an ancient hands-on treatment using many different techniques.
- The goal is to rebalance the body. The principles are based on the eight principles of Traditional Chinese
- The practitioner may brush, knead, roll/press and rub the areas between each of the joints to open the body's defensive chi and get the energy moving in both the meridians and the muscles.



© Dr. Sabine Mai, MSc, MAS, CCRP
Physiotherapy & Rehab

Tui na

- The practitioner can use range of motion, traction, massage, with the stimulation of acupressure points to treat both acute and chronic musculoskeletal conditions, as well as many non-musculoskeletal conditions.
- Tui na is an integral part of Traditional Chinese Medicine



© Dr. Sabine Mai, MSc, MAS, CCRP
Physiotherapy & Rehab

