

Klasična ročna masaža



Kaj je masaža?

Eno od definicij masaže je v knjigi Principi in tehnike masaže (iz leta 1952) zapisala Gertrude Beard, profesorica fizikalne medicine:

"MASAŽA PREDSTAVLJA ROČNO MANIPULACIJO MEHKEGA TKIVA IN SKLEPOV CELEGA TELESA. UČINKOVITEJŠA JE, ČE JO IZVAJAMO ROČNO, NJENI UČINKI PA SE KAŽEJO NA MIŠICAH, ŽIVCIH, CIRKULACIJI KRVI IN LIMFE TER NA IZBOLJŠANJU SPLOŠNEGA POČUTJA (PSIHOLOŠKI UČINKI)."

DEFINICIJA



"Masaža (iz grške besede "massein", ki pomeni gnesti, mesiti, oblikovati) je manipulacija telesa z gnetenjem, udarjanjem, drgnjenjem, tolčenjem, stresanjem in drugimi metodami, ki jih izvajamo z rokami, stopali, komolci, podlahtmi ali drugimi pripomočki, kot so kamen, les, keramika, slonovina, kovina, kost ali pripravami, ki jih upravljamo na ročni pogon, z izparevanjem, baterijami ali elektriko in uporabo vode, zelišč, soli in blata, s katerimi dosežemo različne neposredne ali posredne terapevtske učinke, občutke ugodja ali lajšanja bolečine, skrbi in podpore, dvig življenjske moči in splošnega dobrega počutja ...".

Masaža ali masažna terapija je vsakršna spretnost –veščina manipulacije mehkih tkiv, vezivnega tkiva ali telesne energije z namenom obnavljanja ali izboljševanja zdravja s spremembo učinka v relaksaciji, cirkulaciji, odgovorov živcev in vzorcev toka energije.

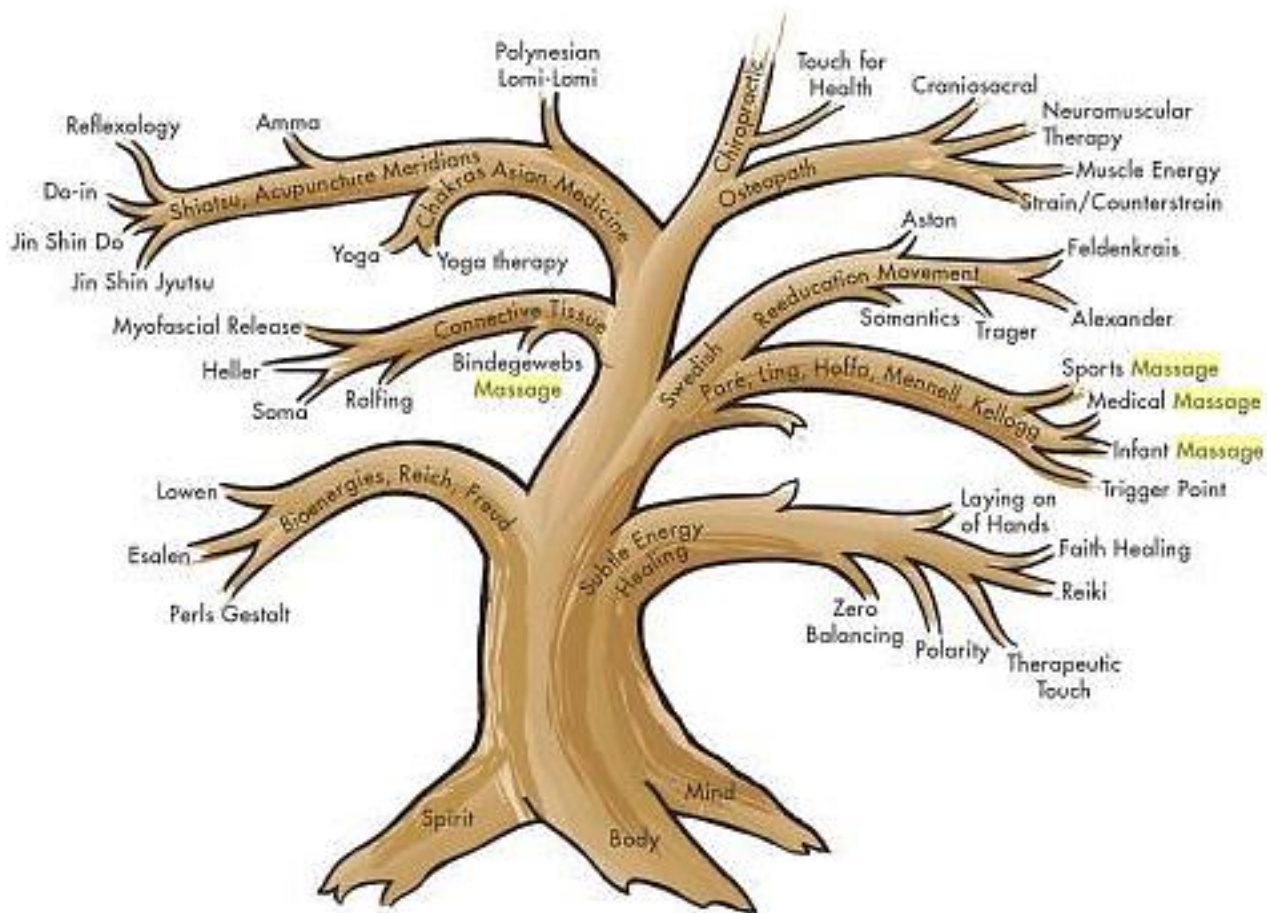
Masaža je omejena z tretmani "izkrivljenega" človeškega telesa z sistematičnimi zunanji aplikacijami dotika (gladenje, otiranje, vibracije, perkusij-udarjenje, gnetenje, stiskanje pasivno gibanje v sklepih) in z normalno fiziološko stopnjo gibanja. Dodamo še zunanje aplikacije vode, vročino, mrzlo, preparate in mehanična sredstva.

Katere vrste masaž poznamo in kako jih

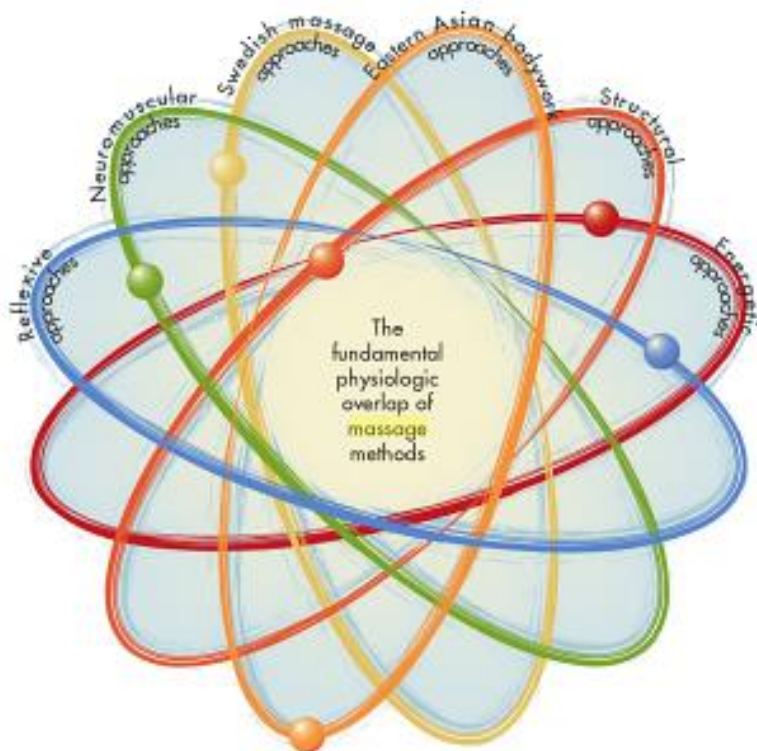
razvrščamo?

TEHNIKA					KOMPLEMENTARNA TERAPIJA		
		Relaks masaža	Rehabilitacijska	Druge	Um	Telo	Telo in um
<ul style="list-style-type: none"> - Acupressure - Ashiatsu - Shiatsu Therapy - Shiatsu-Amma - TuiNa Massage - Watsu - Zen Shiatsu - Zero Balancing 	<ul style="list-style-type: none"> - Aquatic Massage Therapy - Aromatherapy - Breema Bodywork - Feldenkrais - Lymphatic Massage - Manual Lymph Drainage (MLD) - Massotherapy - Thai Massage 	<ul style="list-style-type: none"> - Belavi Facial Massage - Chair Massage - Esalen Tissue Work - Facial Massage - La Stone Therapy - Lomi Lomi - Pre-Natal Massage - Spa Massage - Swedish Massage 	<ul style="list-style-type: none"> - Active Release - Alexander Technique - Aston Patterning - Bowen Technique - Cranio-Sacral Therapy - Deep Connective Tissue Massage - Deep Muscle Therapy - Fibromyalgia Massage - Integrative Manual - Integrative Massage - Joint Mobilization - Kinesiology - Medical Massage - Muscle Energy Technique - Myofascial Release - Neuromuscular Therapy - Neuromuscular Integration - Nurse Massage - Oncology Massage - Proprioceptive Facilitation - Rolfing - Russian Massage - Soft Tissue Release - Sports Massage - Strain & Counter Strain - Structural Integration 	<ul style="list-style-type: none"> - Equine Massage - Animal Massage - Massage For Babies - MassageFor Seniors - Myomassology - On-Site Massage 	<ul style="list-style-type: none"> - Aboriginal Healing - Body Mind Centering - Breath Therapy - Brennan Healing - Chakra Balancing - Color Therapy - Energy Healing - Energy Work - Feng Shui - Integrated Energy Therapy - Integrative Imagery - J Shin Jyutsu - Moxibustion - Sound Therapy 	<ul style="list-style-type: none"> - Acupuncture - Amma Therapy - Bach Flower Therapy - Biofeedback - Body Wraps - Crystal-Gem Therapy - Exercise Therapy - Herbology - Homeopathy - Inhalation Therapy - Interferential Current - Iridology - J Shin Do - Mattes Method - Movement Therapy - Myotherapy - Nutrition Counselling - Orthotics - Osteopathy - Pilates - Positional Release - Quantum Touch - Raindrop Technique - Reflexology - Structural Integration - Transcutaneous Stimulation - Therapeutic Touch - Therapeutic Ultrasound - Touch For Health - Trager - Trigger Point Therapy - Visceral Manipulation 	<ul style="list-style-type: none"> - Ayurvedic Medicine - Hanna Somatics - Healing Touch - Hellerwork - Kriya Yoga - Movement Education - Ortho-Bionomy - Polarity Therapy - Qigong - Reiki - Rosen Method - Somatic Therapy - Somato Emotional Release - Tai Chi - Vibrational - Orth-Bionomy

Tabela 1- DELITEV MASAŽE



Slika 1- DREVO MASAŽE



Slika 2 - FIZIOLOSKO PREPLETANJE MASAŽ

Box 2-3 Popular Methods of Massage

The following list of **massage** styles, systems, founders, and developers is not meant to be all-inclusive, because the information changes almost daily. Rather, it is meant to show the great variety of therapeutic **massage** approaches.

Asian

- *Amma, acupressure, shiatsu, jin shin do, do-in, hoshino, tui-na, watsu, Tibetan point holding, Thai massage*

These methods derive from traditional Chinese medicine concepts, from offshoots of this Chinese base, and from other Asian modalities (e.g., ayurveda). The efficient use of the therapist's body and the performance of these techniques on a clothed client have many benefits. The effects of compressive manipulations and stretches that focus on specific areas of the body elicit responses in the nervous, circulatory, and muscular systems and affect the energetic flows in the client's body. The philosophy of these systems is grounded in ancient concepts that have stood the test of time.

Structural and Postural Integration

- *Bindewebs massage, Rolfing, Hellerwork, Looyen work, Pfnimmer deep muscle therapy, Soma bodywork, Bowen therapy*

These techniques focus more specifically on the connective tissue structure to influence posture and biomechanics. The approaches are systematic and are effective because they are grounded in the fundamentals of physiology and biomechanics. Practitioners of these styles must have an extensive education.

Neuromuscular

- *Neuromuscular techniques, muscle energy techniques, strain/counterstrain, orthobionomy, Trager, myotherapy, proprioceptive neuromuscular facilitation, reflexology, trigger points*

These are the European approaches based on the work of Dr. Stanley Leif and Dr. Boris Chaitow and the Western methods based on the work of Dr. Janet Travell, Dr. John Mennell, Dr. Raymond Nimmo, Dr. Lawrence Jones, Dr. Milton Trager, Eunice Ingham, William Fitzgerald, Arthur Lincoln Pauls, Bonnie Prudden, and others. Dr. Leon Chaitow has written extensively on these concepts and currently teaches in the United States and Europe. Many of the techniques are similar to those found in Rolfing, Asian methods, and Swedish **massage** and gymnastics. As the name implies, the approach is a nervous or reflexive method. Connective tissue also is affected. The common threads running through all the styles are the basic concepts of activation of the tonus receptor mechanism, reflex arc stimulation, positional receptors, and applications of stretching and lengthening.

Manual Lymphatic Drainage

- *Vodder lymphatic drainage*

Emil Vodder developed an excellent system that uses the anatomy and physiology of lymphatic movement with both

mechanical and reflexive techniques to stimulate the flow of lymphatic fluid. Others have contributed to the understanding of lymphatic drain procedures, including Bruno Chickly and Lyle Lederman. The variations of this system sometimes are called systemic **massage**.

Energetic (Biofield)

- *Polarity, therapeutic touch, Reiki, zero balancing*

These systems, which are based on ancient concepts of body energy patterns, recently were formalized by Dr. Randolph Stone, Dr. Dolores Krieger, Dr. Fritz Smith, and others. Subtle energy medicine is under study by Dr. Elmer Green at the Menninger Foundation in Topeka, Kansas, and elsewhere by other researchers. Polarity and similar energetic approaches use near touch or light touch to initiate reflexive responses, often with highly effective results.

Craniosacral and Myofascial

- *Craniosacral therapy, myofascial release, soft tissue mobilization, deep tissue massage, connective tissue massage*

These systems focus more specifically on the various aspects of both mechanical and reflexive connective tissue functions. Dr. William Garner Sutherland was the first to formalize the concept of tiny movement of the cranium and dura. Dr. John Upledger and physical therapist John Barnes have expanded upon and formalized his work. Both light and deep touch are used, depending on the method. The cross-fiber friction methods of Dr. James Cyriax fall into this category.

Applied Kinesiology

- *Touch for health, applied physiology, educational kinesiology, three-in-one concepts*

Dr. George Goodheart formalized the system of applied kinesiology within the profession of chiropractic. The approach blends many techniques but works primarily with the reflexive mechanisms. A specific muscle testing procedure is used for evaluation; this process acts somewhat like a biofeedback mechanism. Some of the corrective measures use Asian meridians and acupressure; others rely on the osteopathic reflex mechanisms defined by Chapman, Bennett, and McKenzie that seem to correspond to traditional Chinese acupuncture points. Dr. John Thie and others modified these techniques for use by **massage** professionals and the public.

Integrated Approaches

- *Sports massage, infant massage, equine/animal massage, on-site or seated massage, prenatal massage, geriatric massage, massage for abuse survivors, Russian massage*

Many styles of **massage** that focus on a specific group of people use combinations of methods based on physiologic interventions. Founders and teachers of integrated methods include every **massage** professional who designs a **massage** specifically for an individual client and every devoted **massage** instructor who attempts to combine and explain methods to students.

Termin

- *Maziljenje*
- *Telesno delo*
- *Gimnastika*
- *Masaža*
- *Mehanični učinek*
- *Metabolični učinek*
- *Fizikalno – tehnično zdravljenje*
- *Refleksni učinek*

Razlaga terminov

Maziljenje – ritualno ali versko vtiranje olja v kožo

Telesno delo – tretma, ki vključuje manipulacijo telesa stranke kot obliko vzdrževanja ali izboljšanja zdravja

Gimnastika – aktivnost v antičnih gimnazijah, ki so vključevala vaje, masažo in kopanje

Masaža – manualna terapija, ki vključuje pritisk. Ta pritisk se izvaja s rokami (termin v 17. stoletju – francoski raziskovalec)

Mehanični učinek – terapevt ustvarja pritisk ali manipulacijo, da fizično spremeni obliko ali stanje strankinih tkiv

Metabolični učinek – je rezultat kombinacije mehaničnih in refleksnih učinkov na celotno telo

Fizikalno – tehnično zdravljenje – zbirka manualnih terapij, ki se nagibajo uporabljati podobne aplikacije gibanj ali masažnih prijemov za doseg podobnih ciljev

Refleksni učinek – terapevt stimulira strankin senzorni nevron, kateri sproži strankin živčni sistem za spremembo oblike ali stanja tkiv v določenih predelih in prav tako v predelih, ki so povezane s tem predelom

Razloži in utemelji

Kaj je masaža?

Kako delimo (razvrstimo) masažo (glede na)?

Naštej nekaj masaž in njihove posebnosti (štiri, ki so uveljavljanje v Evropi)