



Massage Therapy

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Complementary therapy

There is now over recognition in the developed countries towards complementary and alternative medicine (CAM) this is because from the users point of view, complementary therapy is providing more holistic alternative to modern medicine because according to research patients are responding more to these type of treatment (Wong, Toh and Kong, 2010) World Health Organisation (WHO) issue a report about 80% of people in the developing countries are using Traditional Medicine. There is a steady increase of patient turning up to unconventional treatment. This is as a result of the cultural shift, most western countries have even incorporated into their medical system.

History of Massage therapy

Massage therapy is a ancient traditional medicine that dates back 3000 BCE in earlier India which was considered as a natural healing by the Hindus in Ayurveda . This methods of healing was pass from generation to generation to heal injuries, relieve pain and prevent and cure illnesses (Hansen M). Through trade and culture this healing method finds its way into the Chinese culture and even be young as far as to Southeast Asia about 2700 BCE. The Chinese developed on these methods know as today Chinese traditional medicine or spiritual yoga.

Massage therapy is commonly used during physical rehabilitation of skeletal muscle to reduce pain and promote recovery from injury. Massage is the action of squeezing and rubbing someone's body with massage oil, as a way of making them relax or reducing their pain. There is a high evidence that massage therapy may relieve pain in injured muscle (Crane *et al.*, 2012)

Uses and efficacy of chiropractic treatment

The majority of patients are finding relief for their back pains, stress relief or relaxation goes in for massage therapy. Massage therapist see over 22 million people in the United States per year. Or around 35%, are finding recovery from their back pains, stress or relaxations caused by a variety of factors such as collisions, athletic incidents, along with muscle strains. According to the concept, proper coordination of the musculoskeletal system within one's body, especially the spine, would allow the body to repair naturally without the need for surgery or even medicine. massage is the action of squeezing and rubbing someone body with a massage oil

Moreover, it is occasionally seen in combination with traditional medical care. The initials "DC identify the massage" and their qualification usually requires to have undergraduate degree together with four years within the chiropractic college. For deciding whether therapy for individuals' back pain is actually necessary, the

Statutory regulatory system for Massage

In principle there is actually no unified umbrella regulatory agency that regulates complementary therapy in the UK. They are all self regulated by group of people or therapist coming together to set up their own regulatory system. The two main complementary regulators in UK are CNHC and GRCCT which are also voluntary process for massage therapist. They are independent professional associations for a first move toward self-regulation.

The UK government have fallen short to put together a frame work of these regulations. According to (Goertz *et al.*, 2018) there is no law in UK that regulate these practise CAM. The UK parliament has gradually accepted the necessity for robust oversight of complementary and alternative medicine (CAM), but it has discarded its initial proposal for a unified umbrella regulatory agency.

Benefit of massage

After all the reviews on massage, there are a high number of benefit derives from massage therapy. From the patient wellbeing, these are some of the benefit of getting massage therapy.

- reduced muscle tension
- improved the circulation of the blood system
- reduction of stress hormones
- relaxation
- improved joint mobility and flexibility
- improved recovery of the tissue

Contraindication for Massage

Massage contraindication is a condition that prevents patient not to take a certain treatment like massage at a particular time. According to (Batavia, 2004) health care professional are becoming increasingly vigilant to minimising medical errors that lead to diverse events in patient care. These screening procedures will prevent them from receiving therapies that expose them to unacceptable risk. These screening let the therapist to weigh the risk of when and how to perform massage on a patient. For example below show some of the contraindication when performing a massage therapy.

1. Fever. Anytime you have a fever, whether from cold, the flu, or some infection, you should not get a massage.
2. Contagious diseases
3. Blood clots
4. Pregnancy
5. Kidney conditions or liver condition
6. Open wound
7. Inflammation
8. Uncontrolled hypertension

Effectiveness

Although there is a lack of scientific evidence of the effectiveness of massage therapy, patients are responding more to this type of treatment because there is a steady increase of evidence that support the effectiveness of massage therapy. That is why more people are turning up to this non conventional treatment because it produces a good result for the users. It is providing more holistic alternative to modern medicine treatment because there is a low risk involved in administering the treatment. (Kumar, Beaton and Hughes, 2013) Patient spent more time with the complementary practitioner as compare to time spent with conventional practitioner. This alone makes the patient somehow feel better having someone to talk to about their medical issue. For mental and phylogical wellbeing of these patient, massage could be consider as effective because it tends to provide a short relief to their pain the patient which the conventional treatment failed to provide. Most of these therapies are being incorporated in to the main stream health care system.

From emotional wellbeing of the patient, massage therapy is believed to reduce pain level with regards to the gesture and reduces the level of disability and high level of relaxing techniques as compared to other therapies. (Bellido-Fernández *et al.*, 2018) massage therapy is believed to have positive effect on human such as, suppress the stress hormone and give you a nice after relaxation.

Comparison

When it comes to muscle tension or lower back pain a decade ago, patients tend to go through conventional treatment like pain relief or referrer towards an orthopaedist or a neurologist but with the overwhelming of complementary therapy, Others, opting take a non-pharmaceutical solution for massage therapy rather than pain management or surgery (Urits *et al.*, 2020). Realizing that those were the two most common ways to treat lower back pain, studies have set out to find out which one is more efficient. The effectiveness of such two pathways of treatment was contrasted in a current analysis reported within the journal Spine. This is encouraging for the potential of chiropractic treatment, since many individuals remain wary of this complementary therapy discipline and also do not think it will benefit them. It is hoped that further experiments like this can persuade people that conventional medical treatment isn't necessarily the right option (Holt *et al.*, 2019). Furthermore,

more health companies are starting to provide chiropractic care, giving patients more options. Furthermore, numerous professional athletes are now promoting the advantages of chiropractic and urging their followers to do the same.

Result

Conclusions: The use of massage therapy has demonstrated the effectiveness for lowering the stress parameters of our body. The results provide a meaningful signal of massage effect the primary care patients with chronic low back pain and call for further research in practice settings using pragmatic designs with control groups.

There is a steady increase in complementary therapy especially massage which is growing in popularity among patient. Patient wel

Recommendation

Complementary therapy has grown in popularity as patients are turning more to alternatives or complementary treatment as compare to conventional medication. There is substantial confirmation that massage therapy would be both beneficial and secure in the treatment of musculoskeletal disorders, especially in patients suffering from low back pain (Lisi *et al.*, 2018). It has a high service quality, which is significant because user care can be linked to health results. Preventive, or repair, treatment becomes much more essential as one ages. Since musculoskeletal problems are typically ongoing, maintenance services aim to prevent severe exacerbations while maintaining optimum performance. As a result, this age demographic has a tradition of health enhancement and preservation," which renders maintenance alternative healthcare services a common supplement to traditional medicine (Weis *et al.*, 2020). The provision of care for the

Referees

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