

Assessment Component 1

Supporting paper

Student name: Raissa Medina

Student ID: 1907292

Module name: Complementary Therapies

Module Code: BMHP5001

Lecturer name: Bianca Sanfilippo

Date: 10/12/2021

Table of Contents

INTRODUCTION	3
MASSAGE	3
PURPOSES	4
HISTORY	4
USES, EFFICACY	5
CONTRAINDICATIONS/RISKS	5
COMPARISON TO TRADITIONAL TREATMENTS	6
POTENTIAL ENHANCEMENT OF CURRENT ORTHODOX TREATMENT	6
CONCLUSION	7
REFERENCES	8

INTRODUCTION

In some countries, complementary treatment has been described as the practice and principles of medicine that are outside the domain of traditional medicine and are recognized by their users as a means of preventing and treating sickness or increasing health and wellbeing (Rampes & Pilkington, 2009). This indicates that complementary therapy is a sort of medicine in which non-conventional methods are used to achieve the goal of bringing a patient's completeness. (Kramlich, 2014) backed this up by simply describing complementary therapy as the use of a non-mainstream method in conjunction with traditional care. That is, complementary therapy is utilized by medical professionals to supplement conventional medicine in order to improve the treatment or prevention of sickness.

In the UK, complementary and alternative medicine (CAM) users were mainly the well-educated, wealthy, employed and in their mid-40s and they are effective for people who are suffering from panic attacks, anxiety and depression. Projection for CAM in the UK has shown that the visits to the complementary treatments practitioners would increase from 20% in 1998 to 27% in 2022. This steep rise shows the essence of CAM and its impact in the administration of healthcare because the care is available to the fraction of the population that could afford it and knows the value.

The complementary therapy that would be evaluated during the course of this work would be the massage therapy. The history, purpose and uses of the therapy would be explored in order to ascertain its effectiveness and comparison would be made between the massage and the conventional treatments.

MASSAGE

Massage therapy is the methodical application of massage, whereas massage is the manipulation of soft tissue. Massage is defined as the manipulation of the surface layers of muscles and connective tissues to induce relaxation and well-being in the recipient, as well as the application of pressure to the body to act on and modify it (Kennedy et al., 2016). Massage is defined as a mechanical manipulation of bodily tissues with rhythmical pressure and stroking for the objective of increasing health and wellness,

according to another definition (Weerapong et al., 2005). These definitions point to the application of pressure to various bodily tissues in order to relieve muscle tension and reduce stiffness that may be harmful to the individual's health and well-being.

PURPOSES

The main purposes of massage therapy is to improve the blood flow and lymph (fluid in lymph glands, part of immune system) in order to reduce the muscular tension or flaccidity that affects the nervous system through stimulation or sedation and to enhance tissue healing. Also massage enables relieving points of tension and overall stress by inducing relaxation after the therapy and increases the awareness of the mind-body connection along with improving mental awareness and alertness. Massage therapy serves as a health enhancer and improves the skin nourishment by the release of skin pigments that brightens the skin.

HISTORY

Massage therapy has a long history in India, where it was once considered a sacred system of natural healing. In 2700 BCE, the healing methods of massage were passed down to China and other parts of Asia. The Chinese improved massage techniques by blending abilities and practices from traditional Chinese medicine, martial arts, and Buddhist and Taoist spiritual yoga training. Massage therapy arose in Egypt about the same time, as evidenced by tomb paintings, and the Egyptians were known to improve the method by establishing reflexology, which involved applying pressure to specific points or zones on the feet and hands to effect healing (Florida, 2019).

Since then, massage therapy has continuously evolved to what we have come to know now as the demand for masseurs and masseuses increased and there is a general realization that massage is good medicine especially its application by Swedish physiotherapists who used it in regular medicine.

USES, EFFICACY

- Encourages the mind and body – effective massage therapy has the ability of improving the state of the mind and body because the massage enables the body and mind to be at rest by relaxing the tense muscles.
- Improving circulation, energy and alertness – a proper massage therapy improves the blood circulation in the body because it frees and allows areas of stiffness to be relieved.
- Lowering heart rate and blood pressure – the relaxation effect from massage enables the patients to experience reduce heart rate and blood pressure which make the therapy beneficial for patients with high cholesterol and high blood pressure diagnose.
- Improved immune function – the proper circulation of blood and relieve of stress enables the patient to have an improved immune system that prevents diseases and illness.

CONTRAINDICATIONS/RISKS

- Bleeding disorders or take blood-thinning medication
- Burns or healing wounds
- Deep vein thrombosis
- Infections
- Broken bones (fractures)
- Severe osteoporosis
- Low platelet count

COMPARISON TO TRADITIONAL TREATMENTS

According to (Bervoets et al., 2015), massage therapy provides a viable treatment options for several musculoskeletal disorders such as low back pain, shoulder pain, osteoarthritis of the knee, neck pain or fibromyalgia. This means that massage therapy provides a faster and less reactive treatment for musculoskeletal injuries or pains in which relieve of the muscles helps to relax strained body parts that increases the chance of healing faster than traditional treatments. Massages have been known to have an immediate effect after a single session especially the biological paradigm and this is seen to be faster than the traditional treatments. The problem with massage therapy is that unlike other medical treatments in which a specified amount of dosage could be prescribed, the massage therapy cannot be calculated which presents an inconsistent dosage that would be used by the physiotherapists. The lack of proper dosage could cause some of the risks associated with massage because without proper handling, it could cause burns and infection and in the process deteriorating the health conditions of the patients.

POTENTIAL ENHANCEMENT OF CURRENT ORTHODOX TREATMENT

Massage therapy has been seen to have a considerable impact and benefit to treatment of Parkinson's disease. According to (Cutler, 2018), massage therapy is very effective for the treatment of Parkinson's disease because the disease typically causes muscle stiffness and rigidity and limits the bodywork's ability to alleviate joint and muscle stiffness is the result. The researcher found out that the symptoms of the Parkinson's disease are reduced using massage therapy and the therapy enhances the functioning in progressive or degenerative central nervous system disorders or conditions. Using the massage therapy for treatment, the patient would be able to be relieved from the stiffness and rigidity in joints and muscles and the patient would experience an

improvement of sleep and a drastic reduction of tremor while increasing the daily activity stamina.

CONCLUSION

The impact of massage therapy on different forms of diseases have not been researched enough because there is not enough data to make an affirmative statement on the resultant effects but it is still one of the best form of treatment for problems that involves different muscles and tissues that could be stiff or rigid. Massage therapies are been applied in different work and fun activities in order to provide relaxation and health improvement for patients and there are several trends of utilization of the therapy because the impacts on the physical and mental health of the patients have been well documented.

This work has been able to evaluate the effect of using massage as a complementary therapy because the benefits to the health of patients and the relieve it brings to stressed and tensed individuals.

REFERENCES

Bervoets, D.C. et al., 2015. Massage Therapy Has Short-Term Benefits for People with Common Musculoskeletal Disorders Compared to No Treatment: A Systematic Review. *Journal of Physiotherapy*, 61(3), pp.106-16.

Crawford, C. et al., 2016. The Impact of Massage Therapy on Function in Pain Populations - A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Pain Medicine*, 17(7).

Cutler, N., 2018. *The Benefits of Massage Therapy on Parkinson's Disease*. [Online] Available at: <https://www.integrativehealthcare.org/mt/massage-and-parkinsons-disease/#:~:text=The%20benefits%20of%20massage%20therapy%20have%20long%20been,and%20muscle%20stiffness%20makes%20it%20a%20logical%20choice.>

[Accessed 29 November 2021].

Florida, A., 2019. *The History of Massage Therapy: 5000 Years of Relaxation and Pain Relief*. [Online] Available at: <https://florida-academy.edu/history-of-massage-therapy/>

[Accessed 29 November 2021].

Kennedy, A.B., Cambron, J., Sharpe, P. & Travillian, R., 2016. Clarifying Definitions for the Massage Therapy Profession: The Results of the Best Practices Symposium. *International Journal of Therapeutic Massage and Bodywork Research Education and Practice*, 9(3).

Kramlich, D., 2014. Introduction to Complementary, Alternative and Traditional Therapies. *Critical Care Nurse*, 34(6), pp.50-56. [Accessed 30 November 2021].

Rampes, H. & Pilkington, K., 2009. Complementary and Alternative Therapies. In I. Norman & I. Ryrie, eds. *The Art and Science of Mental Health Nursing*. 2nd ed. McGraw Hill. pp.371-97.

Weerapong, P., Hume, P. & Kolt, G., 2005. The Mechanisms of Massage and Effects on Performance, Muscle Recovery and Injury Prevention. *Sports Medicine*, 35(3), pp.235-56.