

Assessment Component 1

supporting paper

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THE MICRO-TEACH SESSION

THE SUPPORTING PAPER

Introduction

This report will discuss complementary therapies and narrow down the discussion to just one of the examples of complementary therapies, the exposition entails: the history, uses, efficacy and contraindications, of the one chosen aspect of complementary therapy. Next, before written languages and oral works, before the rise of slaves and masters, therapy had always been in use. Albeit barbaric, humans treated mental illness with ice water baths and other forces like restraints. Soon, they realised mental illness could be treated with other forms such as meditation and playing guests to nature. This led to the development of several natural therapies (Drake et al., 2018).

But not all these therapies are recognised by science because they are not proven. Only a few proven ones made it to modern medicine, and these are integrated with drug prescription to aid the natural healing process. This form of therapy blended with science is known as a complementary therapy.

The use of complementary therapy has only been recent, but it is the result of the age-long study of alternative medicine. Alternative medicine has been prompting questions among scientists about its effectiveness. From the most primitive man to the recorded beginning of its use in the 1970s, it has evolved with time and has endured moments of agreement and disagreement (Rickhi et al., 2003).

Complementary Therapy

Mostly tagged primitive and unscientific, alternative medicine was reduced to the most basic traditional medicine until recent times. Today, a resurgence in this form of treatment has led to the birth of complementary therapy, which doctors now recommend for patients alongside mainstream drugs and other prescriptions (Ernst, 2021).

In other words, complementary therapy is that part of alternative medicine proven by science to be of immense benefit. These are therapies such as acupuncture, homeopathy, and massage therapy often found outside of modern medicine but still incorporated to complement.

Although complementary therapies are often called alternative therapies, there's a difference between them (Ernst, 2021). The former usually connote therapies that are used alongside modern healthcare. However, the latter are medicines that serve as substitutes for conventional medicine. So, by nature, complementary therapies are recognised by science to an extent, hence their adoption, while most alternative therapies are not medically recommended (Ernst, 2021).

Being complementary also does not indicate that CTs are not different from mainstream medicine. The most profound difference is the processes involved in the diagnosis, medication, and treatment of patients in both. While CTs may use techniques, hypnosis, and other meditative

methods to treat a patient, modern medicine uses drugs, radiation, or surgery to get patients on their feet (Cancer Research UK, 2010).

The best way to envisage complementary therapy is to think hybrid. Hybrid in the sense that it functions as both alternative and conventional therapy. It lies between the two therapies. It is that part of alternative therapy that modern therapy considers functional and integrative. This is the reason it is also called integrative therapy.

Massage Therapy

The types of treatments under CTs include homeopathy, Ayurveda, hypnosis, aromatherapy, and massage therapy. Easily one of the oldest, most common, and most effective treatments among them is massage therapy (AMC, 2018). Although research on massage therapy is limited and ongoing, the fewer risks involved have made it an essential part of complementary therapies.

Massage therapy has roots in several countries, including Ancient China, Old Egypt, India, Greece, and Japan. It became popular in Europe during the Renaissance, after the Middle Ages (AMC, 2018). The period ushered in changes in art and culture, of which the use of massage must have been one of the imports. Since then, massage therapy has been surging, and when it seemed it would fade, the culture was revived in the 1970s by athletes.

Massage therapy, in its simplest form, is a series of steps taken to ease pain and tension in the body by applying mild and intense pressure (Cancer Research UK, 2010). Most massages are done by rubbing and kneading the body using both hands. A person trained in providing massage therapy is known as a massage therapist or masseuse. While many massage therapists are women, men are beginning to show interest.

There are several ways massage therapy is done. The most popular one is the Swedish massage. This type of massage is ideal for people who are new and can be sensitive to massage therapy. Another type is the hot-stone massage, which involves using heated stones to ease body tension and improve blood flow. Other forms are aromatherapy massage for emotional healing, deep-tissue massage for chronic muscle problems, and sports massage for treating sports-related injuries.

Purposes, Uses, and Efficacy

The adoption of massage therapy does not come without uses and purpose. Several researchers have indicated the significant benefits of massage therapy in solving the problems related to back pain. The simple reason behind this is how massage relaxes the muscles for improved motion range, improves blood circulation, and helps with insomnia by increasing endorphin levels (Levine A, (2015).

The use of massage therapy has also proven to be an essential factor in solving headache-related problems. A recent study published by (Noudeh et al., 2012) shows a significant reduction in migraines following neck massage and spinal manipulation. Another survey by (Chatchawan et al., 2014) corroborates this claim. The researchers found that traditional massage may help reduce headache intensity in patients, especially migraine headaches.

Furthermore, massage therapy may slow the progress of depression. A study carried out by Field et al. (2012) used clinical trials to test the effectiveness of massage on depression by randomly assigning massage therapy to eighty-four prenatally depressed women. After 12 weeks of mild therapy sessions, the researchers found a significant reduction in depression and anxiety disorder among the women.

By the preceding, the efficacy of massage therapy is proven—both the physical (back pain) and the psychological (headache and depression). However, only a few studies have supported these physical and psychological benefits. Many scientists opine the research on the subject matter is limited and ongoing. This indicates that, although there may be benefits to massage therapy, there are also risks involved.

Risks and Contraindications

Some of the contraindications involved in massage therapy are knowing when body massage should be avoided, such conditions are skin diseases, recent operations, fever, and blood clots (Total skin centre,2020). When hypertensive clients are treated with high-pressure massage therapy, such as deep-tissue massage, it may lead to blood clots by rupturing the plaque in the arteries. Clients with DVT (deep vein thrombosis) are exempted from massage therapy as it can lead to abnormal blood clots.

Another potential risk associated with massage therapy is nerve damage (Total skin centre,2020). High-pressure massages can go beyond the skin layer and affect muscles and connective tissues, leading to temporary nerve damage. If the client is not careful, the damage may be permanent and transform into chronic pain or amputation resulting from numbness in the feet.

Massage therapy can be responsible for broken bones (Onlymyhealth,2021). If the massage is handled unprofessionally, especially with high pressure, it can lead to fractures. Therefore, it is always urged that massage therapies abide by the rules and regulations related to the business.

Additionally, massage therapy can lead to infectious skin conditions, such as warts, scabies, ringworm, and impetigo (Shecares, (2021). These are skin conditions contracted through skin contact. They can be transmitted from massage therapists to clients and vice-versa. Therefore, it is essential to keep spas clean and practice cleanliness before and after the delivery of massage therapy.

Comparison to Traditional Treatment

Massage therapy is a traditional treatment that includes herbs and meditation to aid the healing process. Aside from using hands to knead the body, massage can contain dietary supplements, herbal preparations, vitamins, special teas, magnet therapy, and spiritual healing. This inclusion suggests why it is part of traditional treatment.

Yet, massage can move outside of traditional medicine, considering it is blended with modern medicine. When drugs and surgery prescriptions include massage therapy, massage assumes a

commentary state rather than a traditional nature. The difference, therefore, is the combination of age-long practices with newfound discoveries for improved wellbeing.

Conclusion

Complementary therapy is part of traditional therapy and modern therapy. It is traditional due to its use of herbs and acupuncture for the healing process. But it is modern when used to complement conventional medicine.

Complementary therapy includes homeopathy and massage. One of the oldest and most effective forms is massage therapy, which involves using hands to treat the body. Massage can be both beneficial and non-beneficial. It is hazardous when massage therapists have little to no experience with the therapy.

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Appendix

Power Point Micro-Teach-Group Presentation – 06/12/2021



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Assessment 1 Presentation
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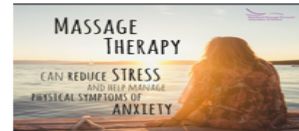
Introduction (Naomi)

- This presentation will give an overview of complementary therapy and the principles of how it is currently being used alongside orthodox medicines. it will also give a comparison with traditional treatment and ways of how it can be used alongside massage therapy and its effectiveness towards anxiety and depression



What is complementary therapy ? (Naomi)

- Complementary therapy has been defined as an alternative medicine that can be used alongside conventional medicines or treatments.
- Alternative therapies are used instead of conventional medicines or treatments such as massage :
- Complementary therapy for massage can be used to help treat or prevent a range of physical and psychological conditions E.g. anxiety and depression.
- This treatment can help to :Reduce stress level .help to relax the body and mind and reduce pain in the body.
- Depression is one of the most common reasons for using complementary and alternative therapies.



Massage (Emmanuella)

- Massage is classified as manipulative and body based methods. It refers to the scientific manipulation of the soft tissues of the body through the use of manual, hands-on, techniques such as moving or holding body tissues.
- Therapeutic massage may be recommended by medical professionals to reduce flaccidity or muscular tension, enhance tissue healing, influence the nervous system through sedation or stimulation and improve flow of lymph and blood.
- Source :<https://ukhealthcare.uky.edu/integrative-medicine-health/services/massage-therapy>



History of massage (Emmanuella)

- Massage therapy is among the oldest healthcare practices known by man.
- The history of the practice dates back to 3000 BCE (or earlier) in India, where it was perceived as a form of natural healing.
- The healing method later travelled to other parts of the world through the evolution of culture and history.

(Florida Academy,2019)



Purpose & Use of Massage: Effectiveness of Massage relating to Anxiety & Depression (Badmus)

- Purposes & Uses:
- Promotes Muscle Relaxation.
- Releasing Stress
- Promoting better sleeps.
- Increasing Blood Circulation.
- Decreasing heart rate and blood pressure.
- Relieving the body pain.



Effectiveness of Message relating to Anxiety and Depression.(Badmus)

- ➤ Alleviating symptoms of Anxiety.
- ➤ Helping to release a Slue of helpful neurohormones.
- ➤ Bringing a feeling of balanced and centred.
- ➤ Increasing dopamine and serotonin levels



Contradiction

When massage therapy should not be provided:

- Cancer
- Epilepsy
- High blood pressure
- Recent Operation
- Skin disease
- Diabetes
- Nervous and psychotic problems



(NHS, 2021)

• (Total skin centre,2020)

Comparison of traditional and orthodox therapy .

The complementary therapies used for treating depression are:

- Massage
- Meditation
- Yoga

Whilst mainstream medicine would prescribe:

- Antidepressant, talking therapies, such as counselling cognitive behaviour therapy (CBT).

(Shecares,2021)

• Orthodox Treatments:



Risk/side effects of massage (Harriet)

Side Effects:

Problems that has negative impact

- Deep tissue rupture
- Swollen after massage

Risks:

Things that could go wrong

- Damage to Skin
- Risk of dislocation

(Onlymyhealth,2021)



Conclusion Shekina

- Overall studies has shown that massage therapy is a great way of dealing with anxiety and depression as it helps to relieve physical symptoms such as stress and tension that accumulates ion our muscles (2020,Beacon Health and fitness).
- Further studies have also shown that massage therapy increases dopamine and serotine levels which is very beneficial for those suffering from depression and anxiety.

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