

INTRODUCTION TO SPORTS THERAPY

Practical – Effleurage I

Effleurage

- “To touch lightly” or “to stroke”
- First contact between therapist and client
- Used to apply massage medium to skin
- Used to “warm-up” tissues
- Used to link other techniques

Effleurage Effects

- Raises tissue temperature
- Increased local circulation
Mechanical pumping
action
- Improved venous return
and lymphatic flow
Increased removal of
oedema, metabolic waste
etc
- Increased active transport
and cell metabolism
- Pain relief
Via pain gate mechanism

Effleurage Application

- Applied longitudinal or transverse in relation to muscle fibres
- Can be superficial or deep
 - Superficial – generally faster, broader strokes
 - Deep – generally slower with smaller contact point
- Pressure stroke always towards heart
 - Direction of venous return/lymphatic flow
- Proximal area of limb treated first
 - “Clears” area before distal treatment

Client Preparation

1. Greet client (Introduction)
2. Reason for visit (listen to what they want!)
3. Consultancy forms (check contraindications)
4. Explain Tx
5. Informed consent!
6. Protect modesty
7. Position client
8. Wash hands
9. Drape
10. Massage medium
11. Warm medium
12. Informed consent (OK to start)
13. Apply
14. Check pressure ok

Effleurage Technique 1: Figure of 8

- Application
 - Use bilaterally
 - Anticlockwise circle then clockwise circle
- Position of masseur
 - Wide stance
 - Feet parallel
 - Neutral lumbar spine (bed height)

Effleurage 2: Half Moon

- Application
 - Bilateral
 - Left hand clockwise circle, right hand sweeps over top
 - Vice versa
- Position of masseur
 - Same stance as Fig 8

Effleurage 3: Opposing Glide

- Start in middle of erector spinae and work out
- Apply weight through palms

Effleurage 4: Flat Hand

- Hand nearest plinth in contact, other hand supports Arms lock
 - Movement from lunge
 - Bed Height

Effleurage 5: V

- Hands one in front of other in a V shape
 - Start at base of spine
 - Push up from lower lumbar spine to top of back
 - Take pressure off at scapula

Effleurage 5: V

- Hands one in front of other in a V shape
 - Start at base of spine
 - Push up from lower lumbar spine to top of back
 - Take pressure off at scapula

Effleurage 6: Rotary

- Bring fingers and thumb together to lift the skin
- “Lobster pinches”
 - Start at base of back
 - Stop at scapula