



Assessment 1

supporting paper

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Introduction

The complementary therapies are defined as therapies that are often used alongside with the traditional treatments and medicines. The therapies do not have any medical or scientific background and evidences. Some of them are totally safe with no side effects while others have risks and side effects that are associated with it (Better Health Channel, 2021). The aim of this therapy is to help the patients in feeling better and are often prescribes by the medical professionals. These therapies are different from that of alternative therapies as they are utilised in place of conventional treatments and medicines (Lindquist *et al.*, 2018). The orthodox medicines are potentially different from that of complementary therapies as they are prescribes and supported by scientific evidences and research. These medicines involve drugs, radiations and surgeries to treat the diseases and its associated symptoms. They are often termed as conventional treatments (NIH, 2021). In this supporting paper, one complementary therapy is being discussed and its effectiveness is evaluated.

Classification of Complementary therapies

The complementary therapies are used to promote wellbeing and to make the patients feel relaxed and good. They are prescribed along with the conventional treatments and emphasizes on improving the quality of life of the patients. The complementary therapies are used to minimize the stress and make the patient feel relaxed. They are generally used for making the individuals calm and for relieving anxieties (Cancer Research UK, 2018). The complementary therapies are often classified in four major domains that are mind-body, manipulative body based, energy therapy and biological therapy. The three major complementary therapies that are potentially effective and have no side effects or risks are acupuncture, yoga and meditation. The other complementary therapies include meditation, music and art, physical activity, counselling and nutrition. The main aim of these therapies is to foster the improvement of emotional and physical wellbeing, and to enhance the rate of recovery (Lindquist *et al.*, 2018).

Purposes

According to the Complementary Healthcare Therapist Register, massage is considered as a complementary therapy. Massage enables people to cope up with the chronic pain and injuries and serves as a complementary therapy that is provided along with conventional medicine and treatments. It is used in various conditions such as to reduce stress, pain, anxiety and any kind of sprains and injuries by doing sports. Therapeutic massage is about soft tissue manipulation

in the areas of body to improve the health conditions (NIH, 2019). The purpose of massage is to manage the improper health and to improve wellness. The massage therapy is used to reduce pain such as neck and shoulder pain, lower back pain, pain related to osteoarthritis and so on. The other purpose of massage is to improve sleeping, to facilitate relaxation, enhance circulation of blood, facilitate elimination of toxin, and to promote relaxation of muscles. It also helps in promoting emotional wellbeing by reducing physical and emotional stress (Noach, 2019).

History

Massage is used as a natural healer and originated in India before 3000 BCE as a sacred system. At that time it was used as a part of Ayurveda by the Hindus. This was practiced generations after generations for healing the injuries, preventing illness, curing illness and relieving pain. Massage, at present is considered as a modern trend but is originated more than 5000 years back (Florida Academy, 2017). The medical benefits of massage and its classification as a complementary therapy are recognised presently to great extent but the process is not at all new. Its history states that it is a part of the traditional holistic healing methods. It is believed that massage focuses on restoring the physical and natural balance of the body and enables the body to heal naturally. With the evolution of the history and culture, the massage therapy gained importance in Southeast Asia and China. It got entrance in Egypt by 2500 BCE. The demand of massage therapy enhanced in the early 1900s and it the therapy experienced major transformations between the year 1970 and the year of 2000 (Florida Academy, 2017).

Uses and efficacy

Massage is a complementary therapy that is used as a powerful tool to help the individuals to take care of their health and promote their wellbeing. There are four main types of massage that have various uses. The Swedish massage involves deep circular movements, and long strokes that are used to enhance relaxation and make the person feel energised. The Deep massage involves more forced strokes in a slow pace that are used to target the deep muscle layers and helps in muscular damage that happened from injuries. The sports massage is given to people who are associated with sports and physical activities such as exercises and use to prevent and heal injuries and sprains. The trigger point massage is given in the tight muscle areas that are formed as a result of injuries and over-exhaustion (Mayo Clinic, 2021). Various studies shows that massage has high efficacy to treat various physical conditions and is

potentially superior with respect to the non-active therapies in terms of reducing and relieving pain and improving the functions (Better Health Channel, 2021).

Contraindications or risks associated

Massage is considered as a safe and effective complementary therapy but there are certain risks that are associated with it that contradicts the aspects of safety. Many individuals are benefitted from the complementary therapy, massage but some face side effects and risks associated with it. Massage is not suitable for individuals who have bleeding disorders as it can enhance the risk associated with bleeding. It also has serious risks when given to individuals who are on blood thinning medication (Mayo Clinic, 2021). It enhances the risks in individuals having deep vein thrombosis and not suitable for individuals having bone fractures. Massage if not given properly can enhance pain or can lead to dislocation of bones, rupture deep tissues and damage the skin (Body In Mind Massage Institute, 2021). It is also not suitable for patients having severe osteoporosis and severe thrombocytopenia.

Comparing to traditional treatments and Impact in enhancing current orthodox treatment

Massage is often given with other traditional treatments and both aims at helping the individuals to cope up with the health disorders and to promote wellbeing. Both these aspects focus on improving the health conditions of the patients. The combination of complementary therapies with the traditional treatments is often termed as integrative treatments and is claimed as safe and effective. Massage like other complementary therapies do not have a scientific background or evidence whereas the traditional treatments are given on the basis of scientific background and evidences. The complementary treatments focus on helping the individuals to cope up with the side effects of the traditional treatments. The traditional treatments are often used to reduce the symptoms and treat the diseases whereas the complementary therapies are used to promote well being and reduce the side effects of the traditional treatments (Eubanks *et al.*, 2019). The orthodox treatments on the contrary have proper scientific evidence but are also associated complementary therapies. The complementary therapies play a vital role in enhancement of the effectivity of the orthodox treatments. As mentioned earlier, it reduces the side effects associated with orthodox systems and thus enhances the effectivity. The conjugation of complementary therapies with the orthodox systems improves the patient satisfaction as well as their mental well being which further supports their physical wellbeing as well (Corp *et al.*, 2018). This thereby enhances the efficacy of the orthodox treatments.

Evaluating the overall effectiveness of the therapy using current literature

Massage is a potentially effective complementary therapy that is used in treating various symptoms associated with several conditions. Massage therapy is effective in preventing and treating broad range of psychological as well as physical conditions. Various studies provide evidences about the overall effectiveness of the therapy. It states that massage is helpful in relieving pain of neck, and shoulder (Yeun, 2017). The therapy mostly provides short term benefits and also reduces stress and its long term impacts on the physical and mental health. The massage therapy is also effective in increasing the immunity and managing pains. It is also effective in improving physical fitness of individuals (Better Health Channel, 2021).

Conclusion

Thus the supporting paper provides a brief description about the complementary therapies. It mainly focuses on massage therapy and explained its purpose. It also provided evidences about the history of massage. The report explained the uses and efficacy as well as risks associated with massage therapy. It provided comparison between the complementary therapies and traditional treatments and also explained that it have positive impact on enhancing the effectiveness of orthodox treatments. The overall effectiveness of massage therapy is evaluated in the supporting paper.

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