



FAQs

Q1: Explain the effect of massage upon the nervous system.

Ans: Massage produce a decided effect upon the nervous system through the influence of the manipulations upon the nerve endings of both the cerebro-spinal and the sympathetic -nerves, which are found in so great abundance in the skin and muscles, the former in connection with the special senses of locality, temperature, pressure, and weight; the latter more especially in connection with the glands, blood vessels, and thermic mechanism located in the skin and muscles.

Q2. Explain the reflex effect of massage.

Ans: Massage produce powerful reflex effects, some of the most striking effects are produced by very light stroking, especially when applied to certain reflex areas.

Q3. Explain how massage produce sedative effect.

Ans: Sedative effects are produced by gentle stroking -the so-called hypnotic effect and through reflex influence upon the nerve centers.

Q4. Explain the reconstructive effect of massage.

Ans: The toxic substances produced by mental activity, are more rapidly oxidized and removed from the body, while the hastened blood current thoroughly repairs and cleanses the wearied nerve tissues.

Q5. “Massage may serve to substitute for exercise” Explain.

Ans: Massage may serve to a considerable extent as a substitute for exercise by increasing the blood supply of a muscle, just as exercise may be considered a sort of massage, through the pressing and rubbing of the muscles against each other.

Q6. How massage helps to encourage nutrition and development of muscle?

Ans: The increased blood supply of the muscle induced by massage naturally improves its nutrition

Q7. Explain the effects of massage upon circulation.

Ans: General massage increases the rate and the force of the heart beat, as does exercise, with the difference that it does not raise the arterial tension as does exercise, and does not accelerate the heart to the same degree, though producing a full, strong pulse.

Q8. Explain how massage increases the respiration activity.

Ans: - Massage increases the depth of the respiratory movements. This is due to the reflex influence of massage, but must also be attributed in part to its effect in bringing into the circulation waste products requiring elimination through the lungs, and in increasing oxidation, or CO₂, production, which necessarily accompanies the increased heat production resulting from the effect of massage upon the muscles.

Q9. What are the local effects of massage?

Ans. The local effects of massage are as follows

1. Increase of blood and lymph circulation.
2. Increase in both constructive and destructive tissue change.
3. Absorption of waste or effused products.
4. Development of the muscles, ligaments, and other structures acted upon.
5. Increased heat production and tissue respiration.
6. Reflex or sympathetic effects upon the vasomotor centers and through them upon the large internal organs, -the liver, spleen, stomach, intestines, kidneys, and the general glandular system of the whole body.

Q10. Explain how massage increases the tissue respiration?

Ans: Massage is certainly a most efficient means, increasing tissue metabolism, by which oxygen is absorbed by the tissues and CO₂, taken up by the blood. This process takes place chiefly in the muscles, through the oxidation of the glycogen, of which they contain one half the total bodily store. Hence it is that massage, by acting directly upon the muscles, increases the tissue respiration by promoting circulation and general tissue activity.