



Summary

Physiological effects of massage

Massage is known to affect the circulation of blood and the flow of blood and lymph, reduce muscular tension or flaccidity, affect the nervous system through stimulation or sedation, and enhance tissue healing. In practice, many massage therapists use more than one technique or method in their work and sometimes combine several. Effective massage therapists ascertain each person's needs and then use the techniques that will meet those needs best. All the different procedures of 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.