



Summary

Massage involves working and acting on the body with pressure – structured, unstructured, stationary, or moving – tension, motion, or vibration, done manually or with mechanical aids. Massage can be applied with the hands, fingers, elbows, knees, forearm, feet, or a massage device. Depending on the application and technique used, massage is used to promote relaxation and well-being, and is beneficial in treating sports injuries and other problems affecting the musculature of the body such as postural misalignment and many painful conditions. Massage for the upper limb requires preparation of the patient, preparation of the treatment couch and massages such as: Effleurage, Kneading, Double handed alternate kneading, Picking up, Muscle rolling, Hacking and clapping, Muscle shaking. Massage for the lower limb requires preparation of the patient, preparation of the treatment couch and massages such as: Effleurage, Kneading, Picking up, Wringing and Hacking and clapping. Massage for the back requires preparation of the patient, preparation of the treatment couch and massages such as: Effleurage of the back, Kneading, Skin rolling, Skin wringing, Muscle rolling and Hacking and clapping. Massage for the lower limb requires preparation of the patient, preparation of the treatment couch and massages such as: Effleurage, Kneading, Picking up, Muscle rolling and Hacking and clapping.