

1st
EDITION

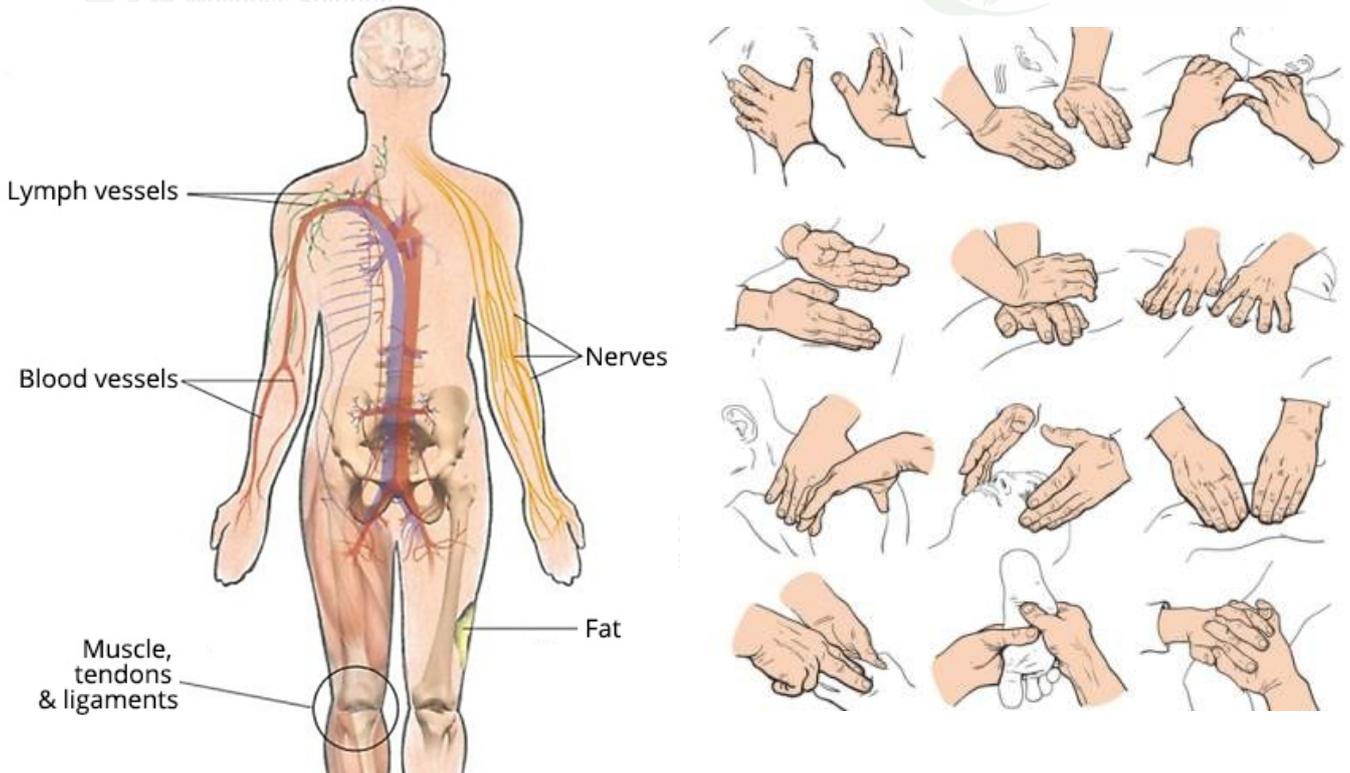


FitnessLive Manual of Anatomy and
ADVANCE TECHNIQUES OF
MASSAGE THERAPY



Definition of Massage Therapy

Massage therapy is the scientific manipulation of the **soft tissues** of the body, consisting primarily of manual (hands-on) techniques such as applying fixed or movable pressure, folding, banding, and stretching muscles and body tissues.



Massage Therapy Benefits

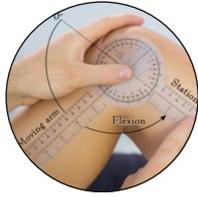
People use massage for a variety of health-related purposes, including to relieve pain, rehabilitate sports injuries, reduce stress, increase relaxation, address anxiety and depression, and aid general wellness.



❖ Relax muscles,



❖ Improve circulation,



❖ Increase range of motion over the joints,



❖ Relieve pain and discomfort,



❖ Help to reduce emotional and physical stress.

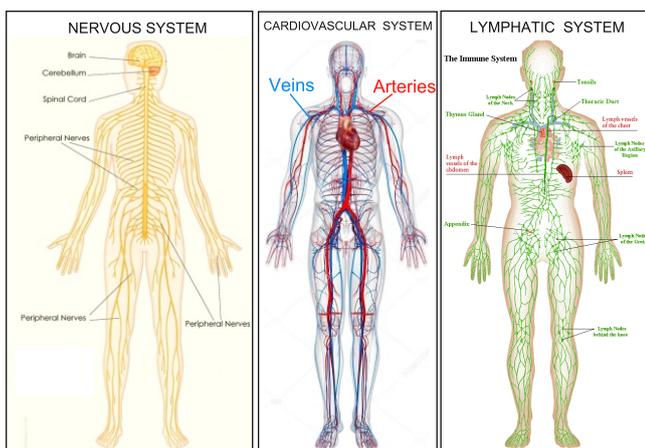


Massage increases temperature in the muscles allowing muscle fibre to relax and to be loosened.

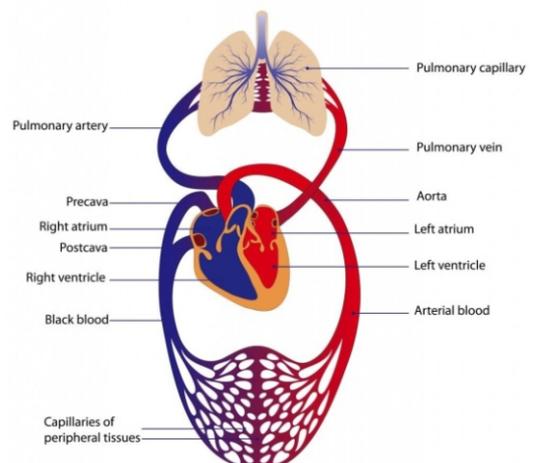
How does massage therapy affect the body?

Massage provide stimulation that helps to block pain signals sent to the brain and stimulate the release of certain chemicals in the body, such as serotonin or endorphin, or cause beneficial mechanical changes in the body.

Generally, massage is delivered to improve the flow of blood and lymph to affect the nervous system through stimulation to reduce muscular tension.



Circulation



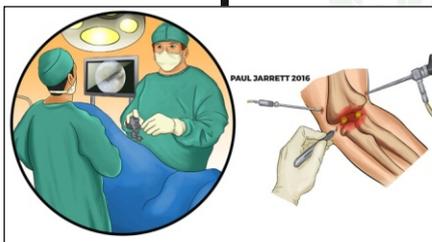
There are three types of contraindication of Massage Therapy

01 The following must be avoid

Fever



Recent operations or acute injuries.



Contagious diseases, including any cold or flu.

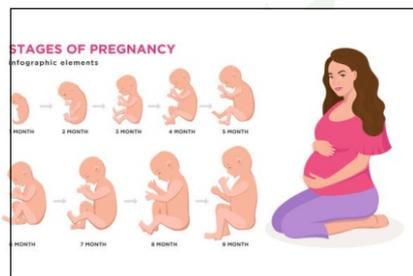
Skin Related Diseases

02 Need to Avoid affected areas only

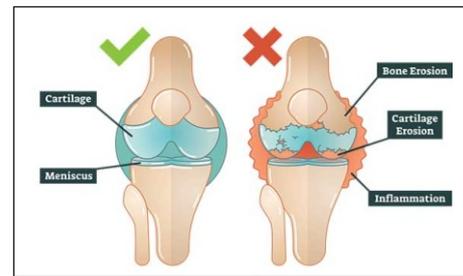
Varicose veins



Cuts



Pregnancy



Inflammation, including arthritis

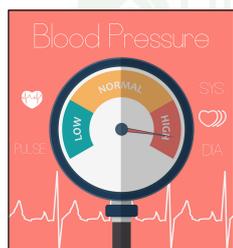
03 Approved by writing a Physician before giving a Massage.



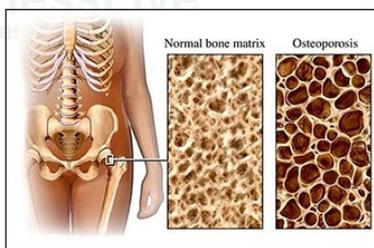
Diabetes



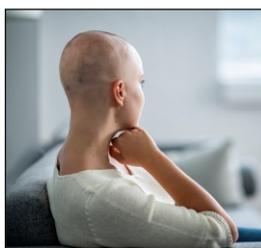
Gynecological infections



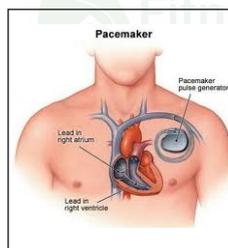
High blood pressure



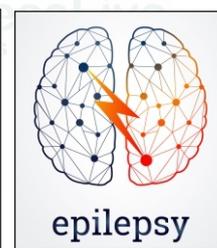
Osteoporosis



Cancer

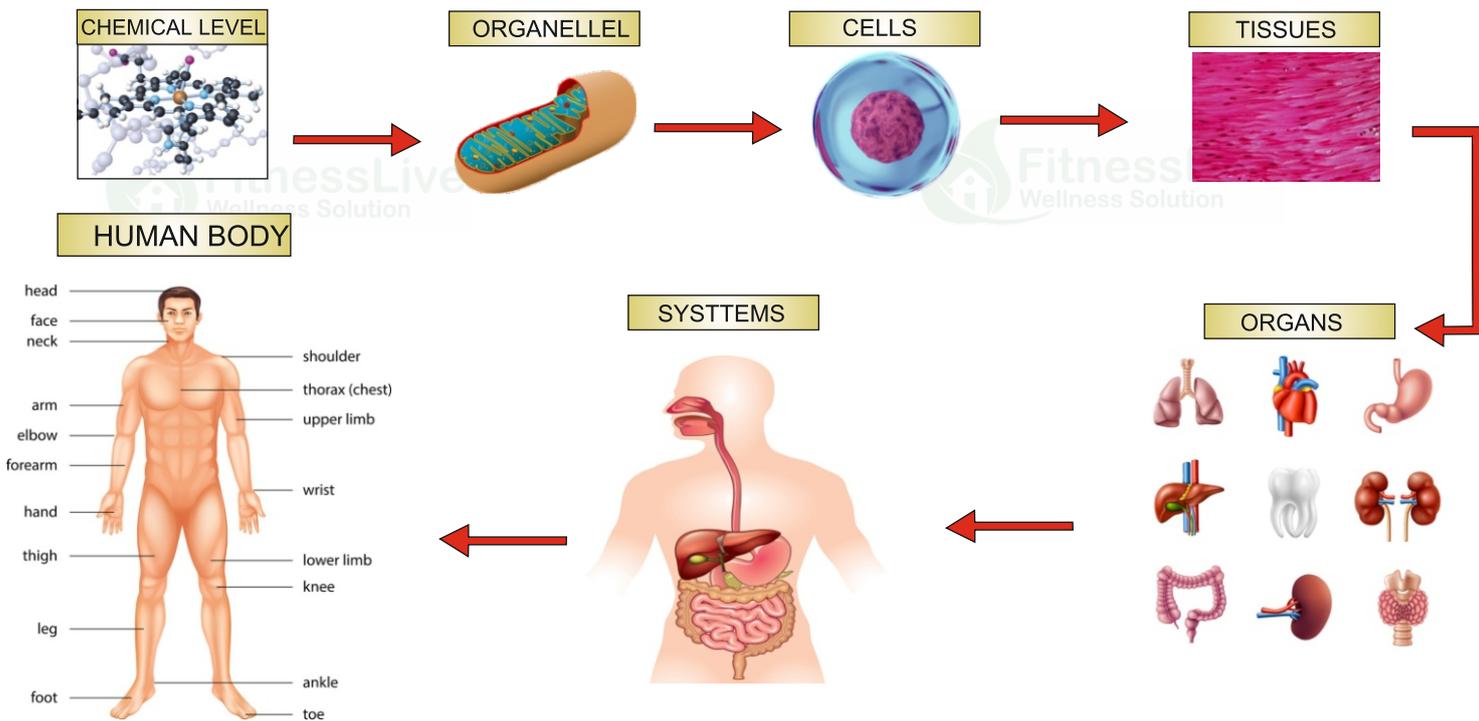


Heart problems, angina, pacemakers



epilepsy

LEVELS OF HUMAN BODY ORGANISATION

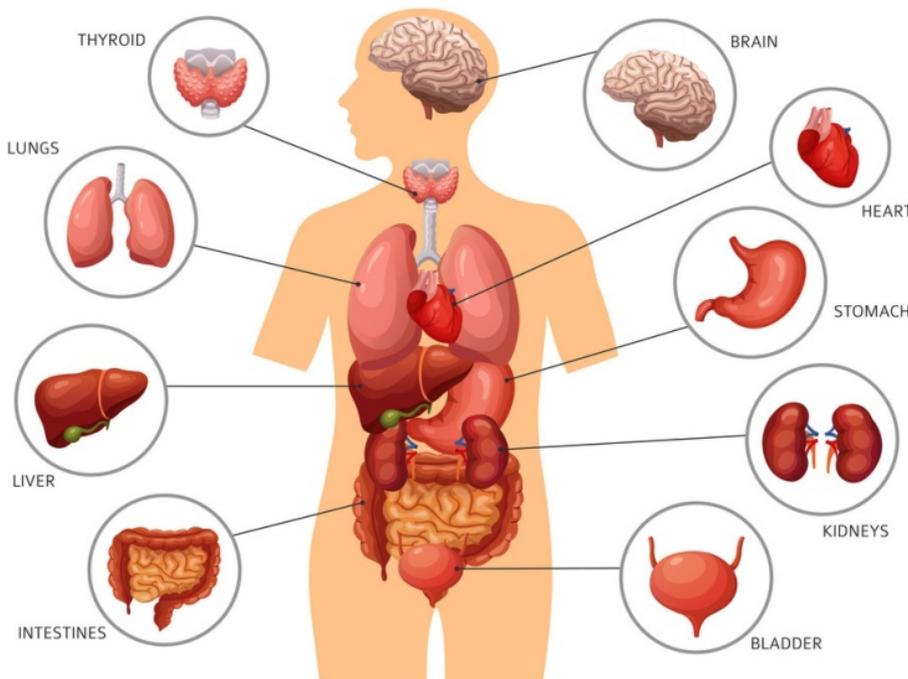


There are almost 78 organs in a human body which vary according to their sizes, functions or actions .

VITAL ORGANS for the survival are as follows				
Heart	Brain	kidneys	Liver	Lungs

SENSORY ORGANS are as follows				
Eyes	Ear	Nose	Tongue	Skin

HUMAN ORGANS



Tissue Definition

Tissues are groups of cells that have a similar structure and Work together to do a specific job.

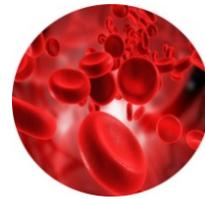
Example



Skin

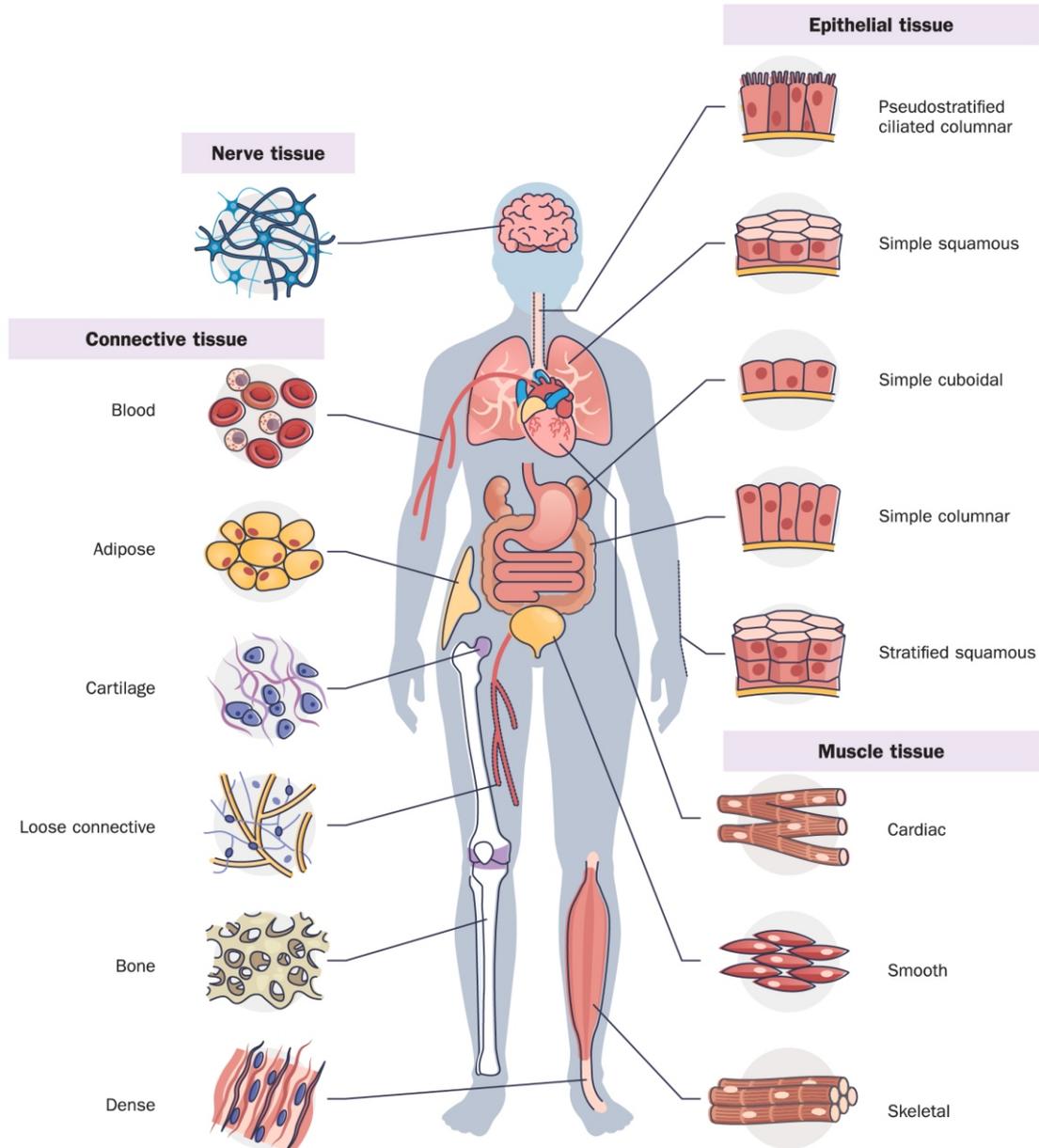
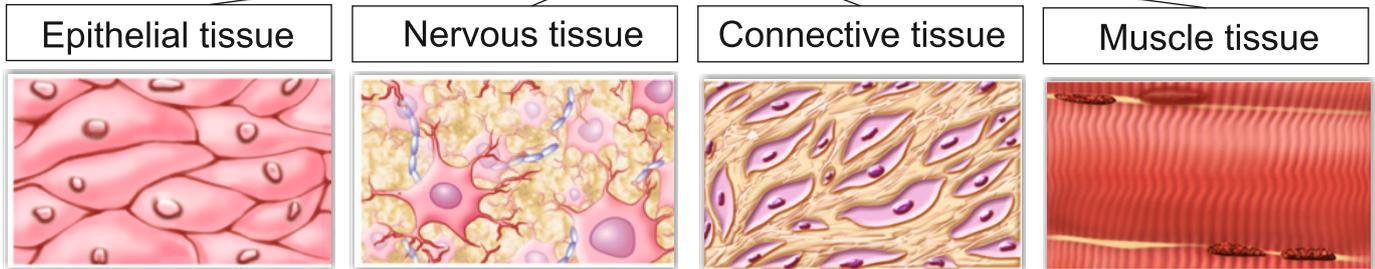


Nail



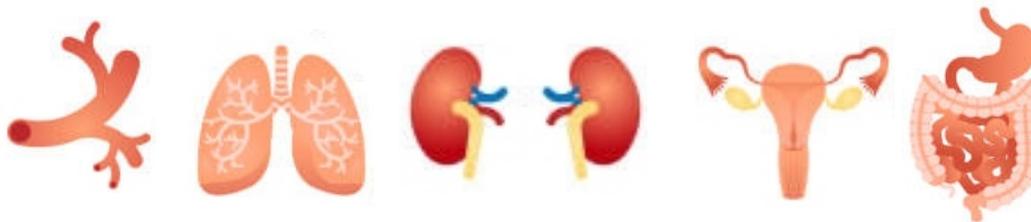
Blood

Four types of tissue



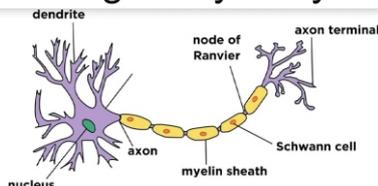
EPITHELIAL TISSUE:

Covering all body surfaces, Protract internal or external surfaces.



NERVOUS TISSUE:

Nervous tissue is found in the brain, spinal cord, and nerves. It is responsible for controlling many body activities



CONNECTIVE TISSUE:

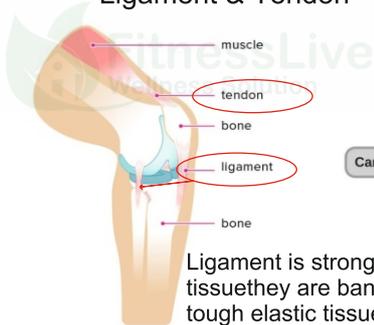
Connective tissue is responsible for
(A) Supporting (B) Binding (C) Packing

Bones



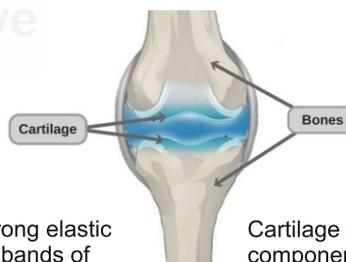
Bones are non-felxible tissue
It's Hard and protect our organs
206 bone in the human body

Ligament & Tendon



Ligament is strong elastic
tissuethy are bands of
tough elastic tissue around
your joints. They connect
bone to bone.

Cartilage



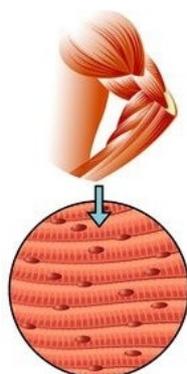
Cartilage is an important structural
component of the body. It is a firm
tissue but is softer and much more
flexible than bone.

MUSCLE TISSUE:

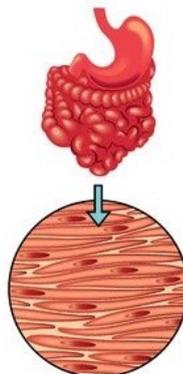
Muscle tissue is a specialized tissue found in animals which functions by contracting, thereby applying forces to different parts of the body.

The 3 types of muscle tissue

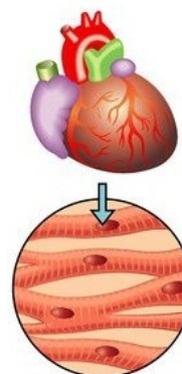
Skeletal muscle tissue



Smooth muscle tissue



Cardiac muscle tissue



Voluntary Muscles



There are over 600 voluntary muscles in the body and make up the bulk of our flesh and account for up to 40% of our body weight. which is responsible for movement of the human body.

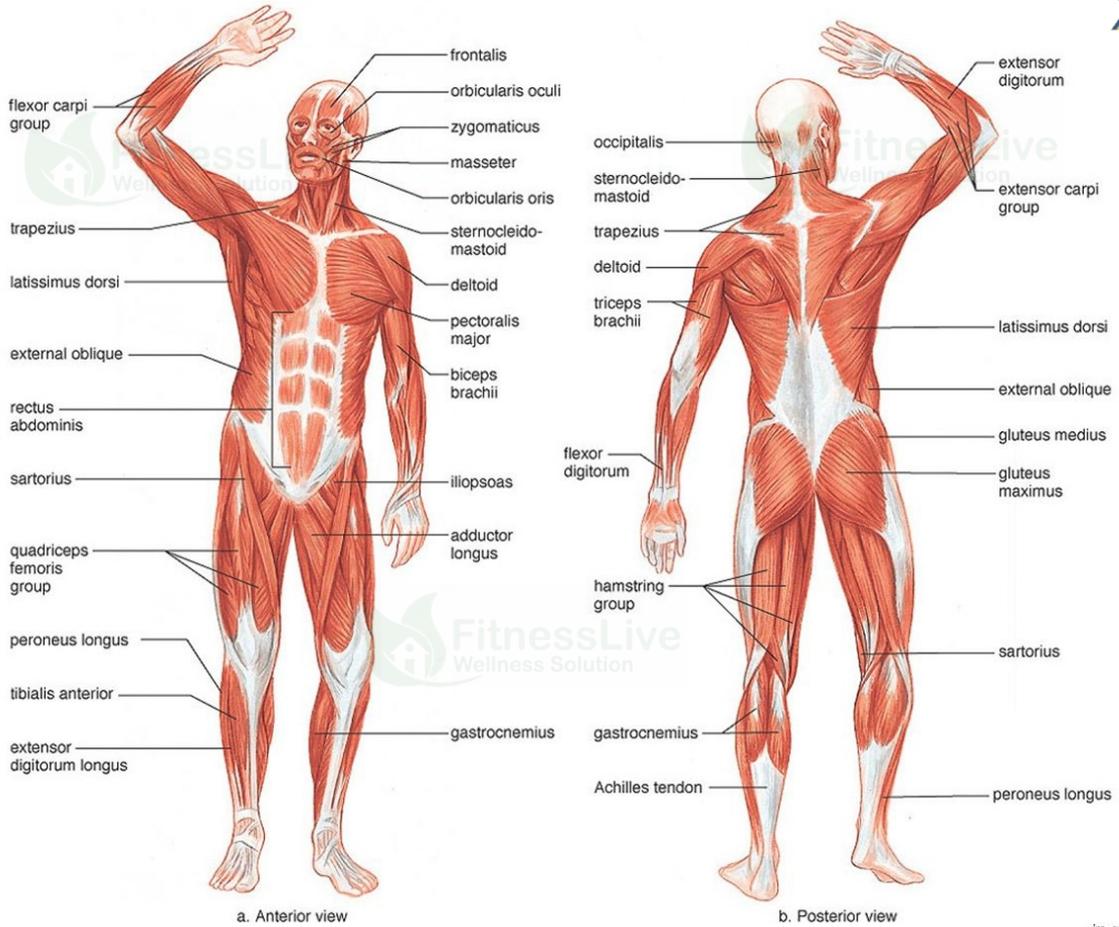
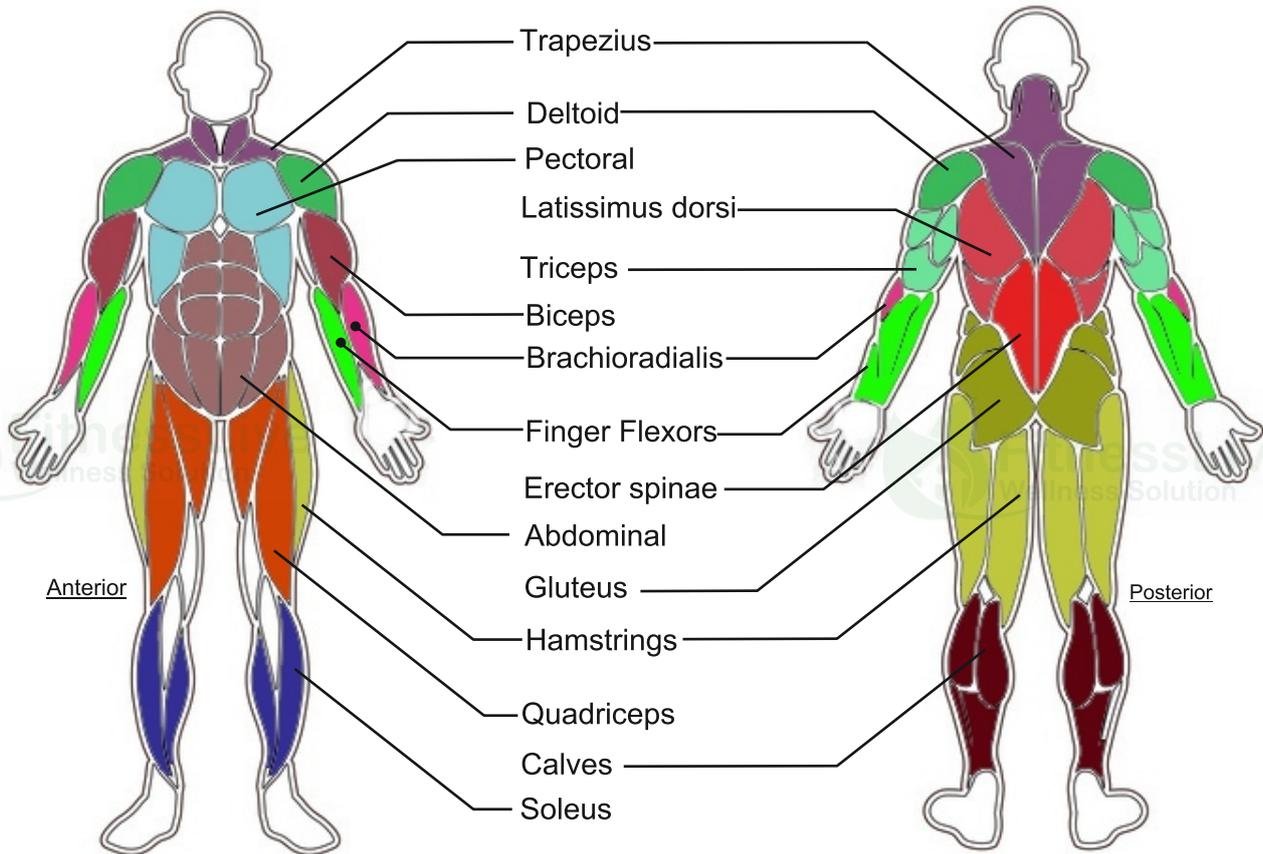


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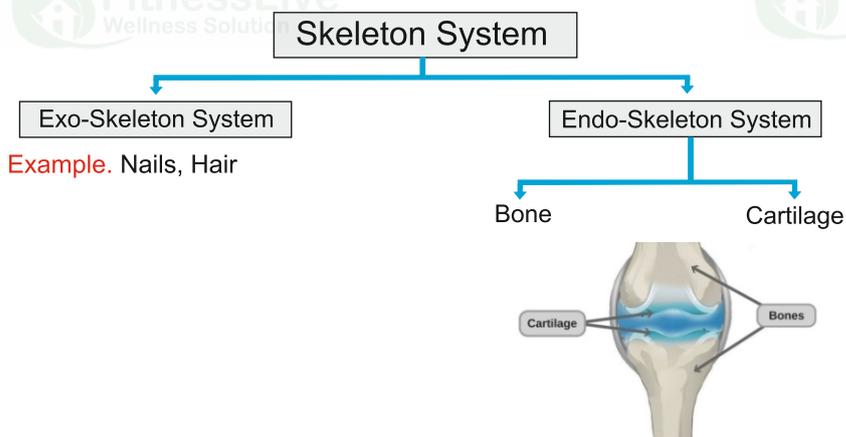
MAJOR MUSCLE GROUPS



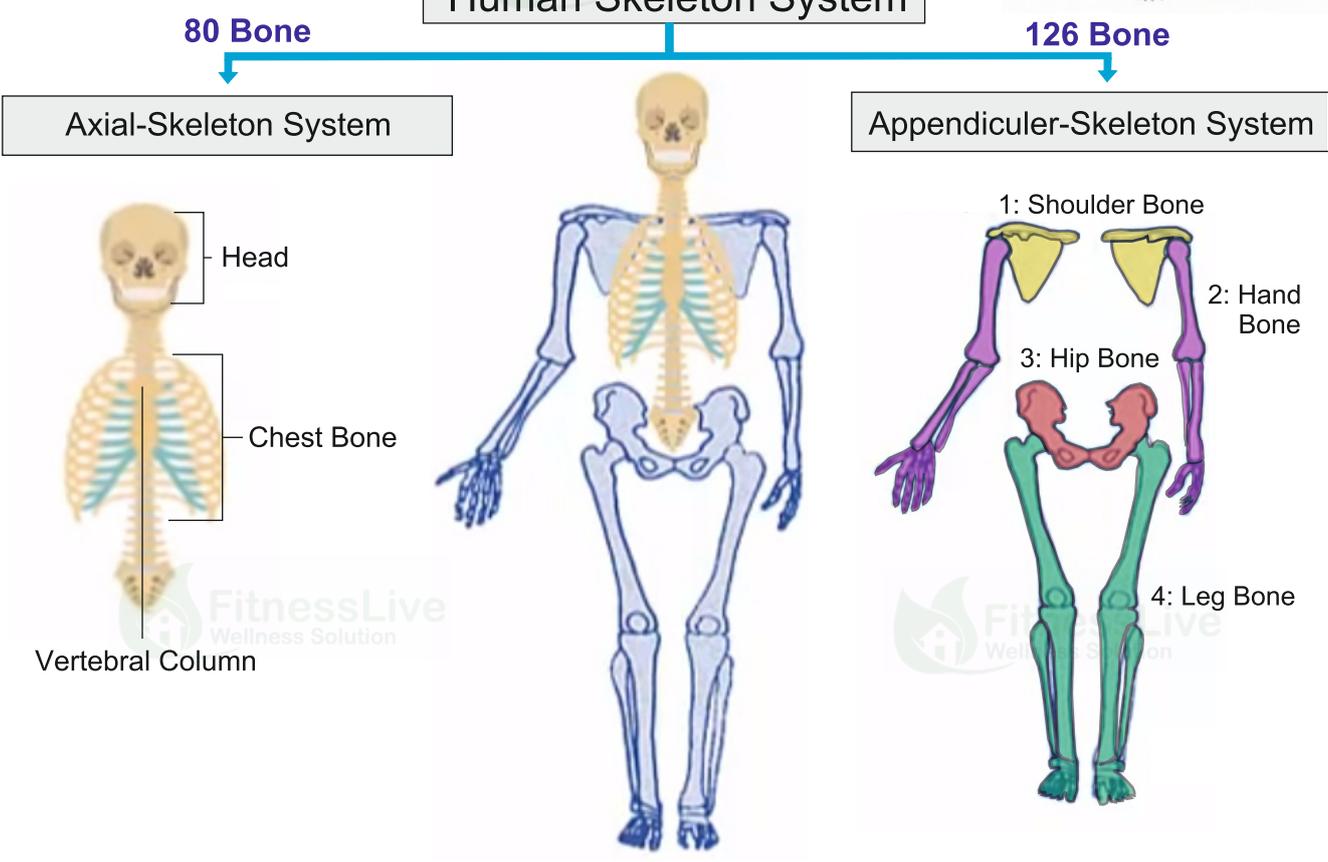
Skeleton System

The human skeleton is the internal framework of the human body. It is composed of around 300+ bones at birth – this total decreases to around 206 bones by adulthood after some bones get fused together.

The human skeleton performs six major functions; support, movement, protection, production of blood cells, storage of minerals, and endocrine regulation.



206 Bone Human Skeleton System

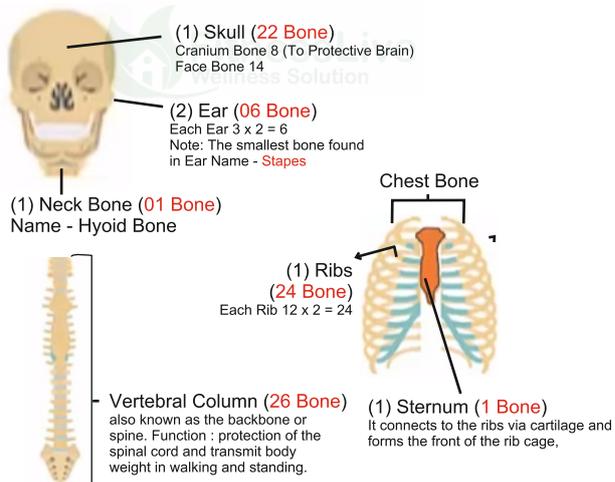


206 Bone Human Skeleton System

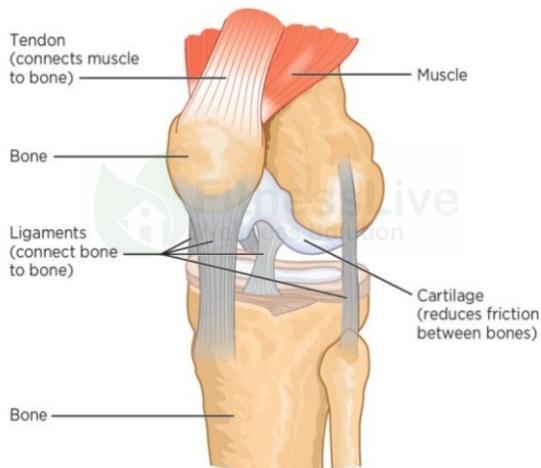
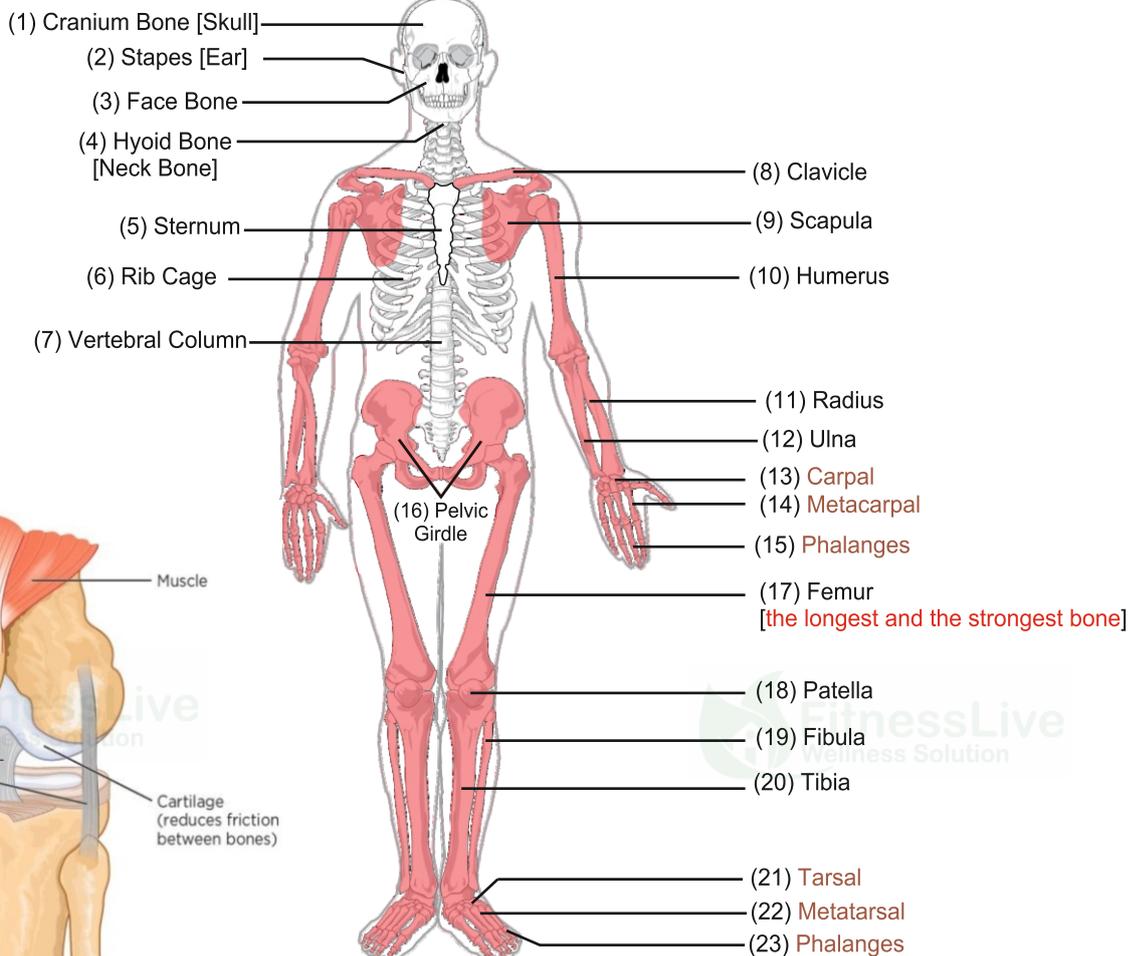
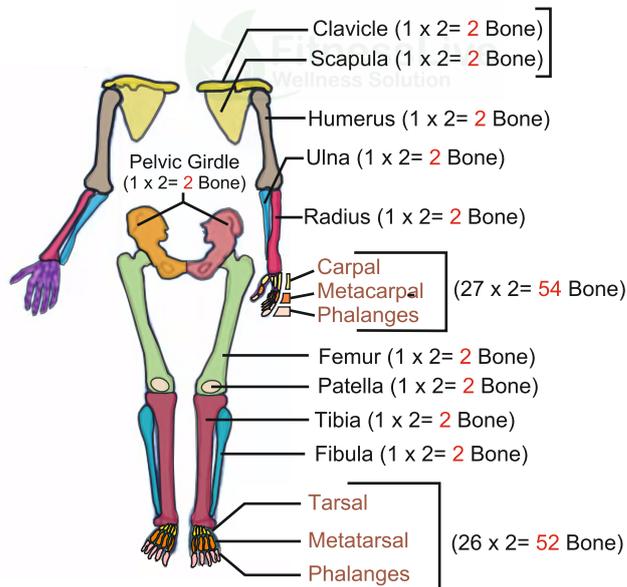
80 Bone

126 Bone

Axial-Skeleton System



Appendicular-Skeleton System



ORGANS SYSTEMS



An organ system is a group of organs that work together as a biological system to perform one or more functions. Each organ system does a particular job in the body, and is made up of certain tissues.

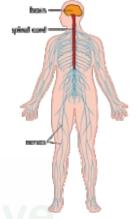
there are 11 system in a human body they are as followed.



1- SKELETAL



2- MUSCULAR



3- NERVOUS



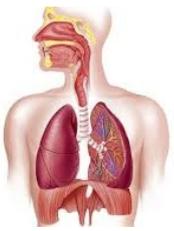
4- ENDOCRINE



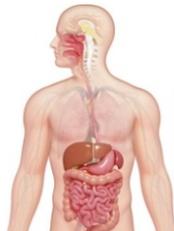
5-CARDIOVASCULAR



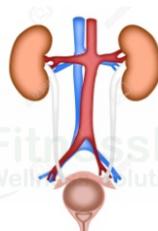
6- LYMPHATIC



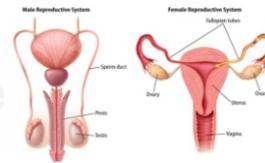
7- RESPIRATORY



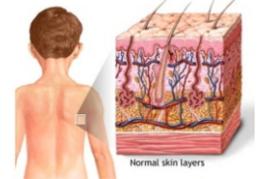
8- DIGESTIVE



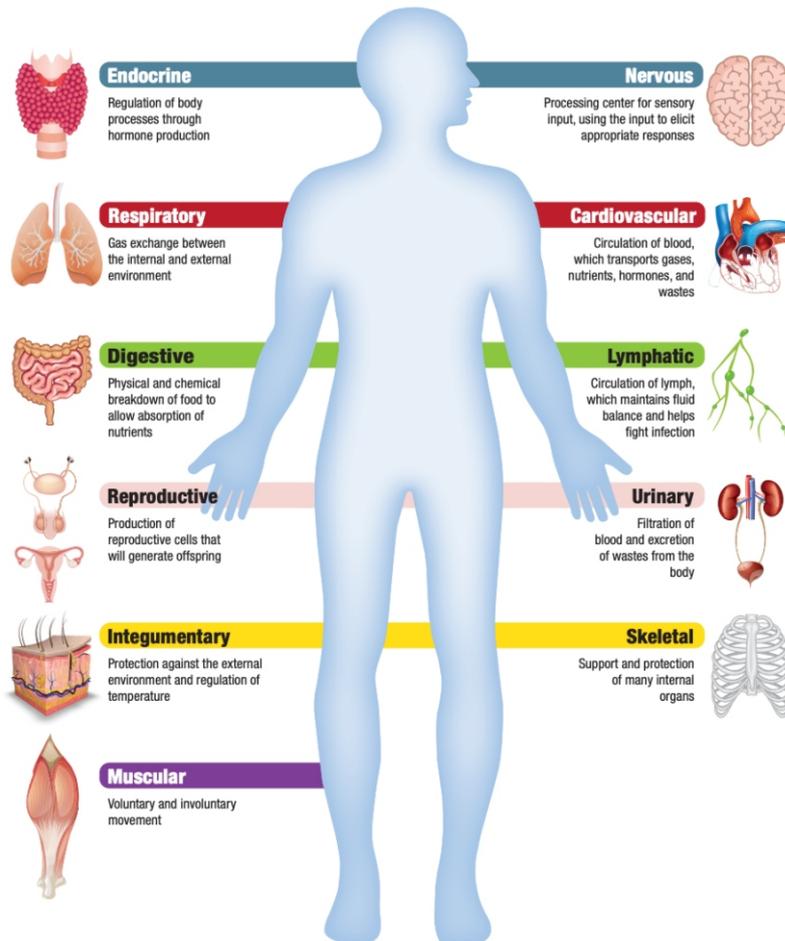
9-URINARY



10-REPRODUCTIVE



11- INTEGUMENTARY



ORGANS SYSTEMS



1- SKELETAL



Protect inner parts of human body.

Examples



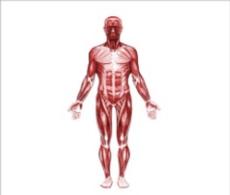
Heart



Liver



Spinal Cord



2- MUSCULAR

Basic function:



Body Movement

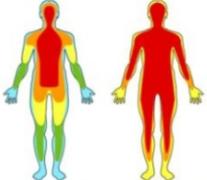
Examples



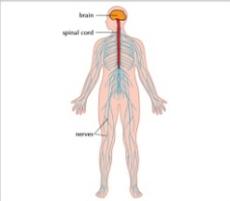
Maintain Body Posture



Protect Joint, Intestine



Maintain Body Temperature



3- NERVOUS

Basic function:

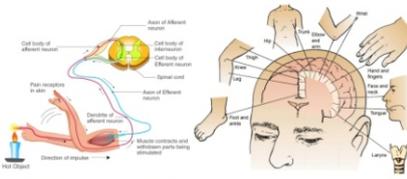


Network of Nervous cells

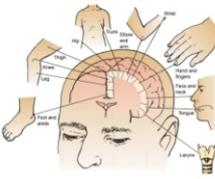
Examples



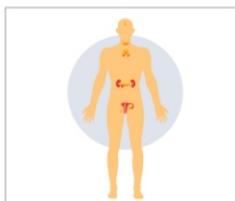
Collect Information



Reflex Action



Control Body Parts & Organs



3- ENDOCRINE

Basic function:



Manage Hormones Activities

Examples



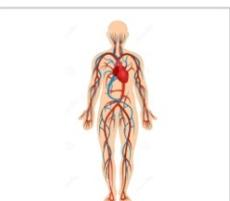
Growth and Development



Mood Manipulation



Sleep & Cry



5-CARDIOVASCULAR

Basic function:

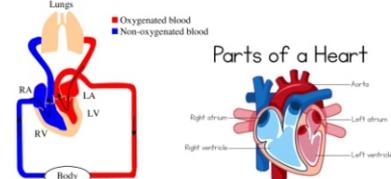


Transport Oxygen & Nutrients

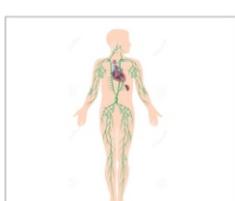
Examples



Remove waste properties

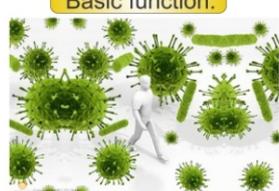


Pumping & Refine Bloods



6- LYMPHATIC

Basic function:



Infection Protection

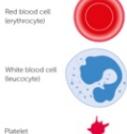
Examples



Remove Unwanted Toxins



Remove Excess Water



Lymphocytes W.B.C

ORGANS SYSTEMS

7- RESPIRATORY

UPPER RESPIRATORY TRACT

Filter The Air & Gases

Basic function:

Gas Exchange

Breathing

Breathing

8- DIGESTIVE

Glucose

Glucose

Basic function:

Nutrients
Carbohydrates, Proteins, Fats, Vitamins, Minerals and Water

Digest Food and translate food into

Fatty Acids

Out Solid Wastes

9-URINARY

Maintain Water Level

Basic function:

Filter Liquid waste

Retaining Sodium Level

Retaining Nutrients

10-REPRODUCTIVE

Egg

Basic function:

Reproducing

Sperm

Fertilization

11- INTEGUMENTARY

Covers The External Surface

Basic function:

Protection

Manage Temperature

Sensory Receptors

Effect Of Massage Therapy on Human Body System

CARDIOVASCULAR CIRCULATORY SYSTEM

NERVOUS SYSTEM

MUSCULAR SYSTEM

SKELETAL SYSTEM

DIGESTIVE SYSTEM

RESPIRATORY SYSTEM

Number 1: Introduction about Massage Therapy

Massage Therapy एक , साइंटिफिक मैनुअल तरीका होते हैं, जो मुख्य रूप से fixed और Movable Pressure , folding, Banding, एवं stretching, के माध्यम से, शरीर के, सॉफ्ट टिशु को, कुशलता से, प्रभावित करते हैं.



Activate Windows
Go to Settings to activate Windows.

Number 2: Benefits of Massage Therapy

लोग, दर्द से राहत पाने के लिए, कई स्वास्थ्य संबंधी उद्देश्यों के लिए, Sports Injury से जल्द से जल्द अपने आप को ठीक करने के लिए, तनाव कम करने के लिए, मन को शांत और relax रखने के लिए, anxiety और Depression से अपने आप को बाहर लाने के लिए, और अपने आप को एक लंबा वक़्त तक स्वस्थ और तंदुरुस्त रखने के लिए, नियमित रूप से Massage का उपयोग करते हैं।



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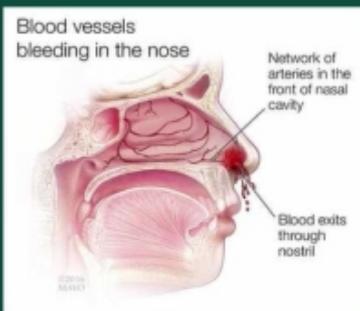
Number 3: How Does Massage Therapy affect

Massage शरीर में उत्तेजना प्रदान करके कुछ, Chemicals release करते हैं, जैसे Serotonin और Endorphins जो मस्तिष्क को भेजे गए दर्द signals को बीच में ही रोक लेते हैं, और शरीर में लाभकारी Mechanical परिवर्तन का कारण बनता है.



Number 4: Cautions of Massage Therapy

Number 1: मसाज का असर सबसे ज्यादा हमारे Circulatory System के ऊपर होता है इसलिए अगर किसी का नाक, मुंह और शरीर के किसी भी अंग के अंदर अपने आप खून बहने के जैसे बीमारी का लक्षण हो और Low Blood platelet counts, यह तो अगर कोई खून पतला करने वाले दवाई ले रहा है, तो इस दौरान उन्हें मसाज नहीं लेना चाहिए..



Number 4: Cautions of Massage Therapy

Number 2: कुछ परस्थिति में Massage नहीं करना चाहिए जैसे कि अगर शरीर में किसी भी जगह पर blood Clots यानी क त्वचा के नचिले स्तर पर, एक ही जगह पर बहुत सारे रक्त के जमा हो जाने पर, Fractures होने पर, शरीर के ऊपर खुला हुआ घाव रहने पर, त्वचा पर किसी भी तरह का Infections रहने पर, Weakend bones यानी कि कमजोर हड्डी के लक्षण होने पर, और हाल ही में या तो पछिले तीन महीने के अंदर किसी भी तरह का Surgery हुआ है तो Massage नहीं लेना चाहिए।



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Number 4: Cautions of Massage Therapy

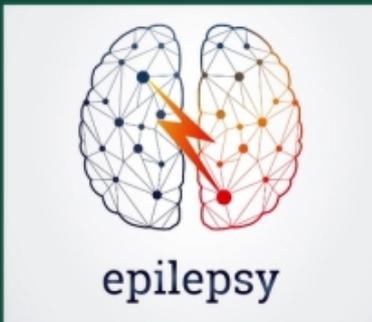
Number 3: कुछ परस्थिति में प्रभावति क्षेत्रों को छोड़कर Massage किया जा सकता है, जैसे कि गर्भवती महिला के लिए पेट एवं पेट के नचिले स्तर को छोड़कर, Massage दिया जा सकता है, इसमें भी पहले के 3 महीना और आखरि के 3 महीना Massage ना कराने की सलाह दिया जाता है, लेकिन मध्य के 3 महीना Massage के लिए अनुकूल माना जाता है इसके अलावा Varicose veins, Cuts, Sunburn, Arthritis, तो यहां पर बताया गया लक्षण कि असर जसि भी क्षेत्रों में है, सिर्फ उस क्षेत्रों को छोड़कर बाकी शरीर पर मसाज दिया जा सकता है।



Activate Windows
Go to Settings to activate Windows.

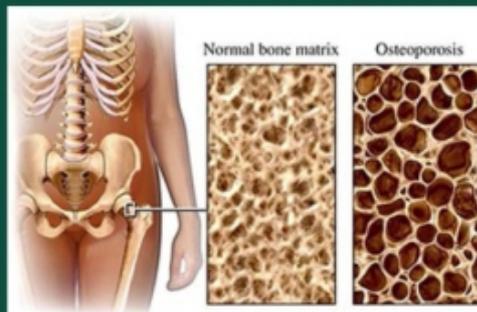
Number 4: Cautions of Massage Therapy

Number 4: कुछ परस्थिति में मसाज किया तो जा सकता है, लेकिन डॉक्टर के साथ परामर्श करने के बाद ही, जैसे के हाई ब्लड प्रेशर, Osteoporosis, Cancer, Heart Problems or angina, जो लोग Pacemakers का इस्तेमाल करते हैं, Epilepsy यानी के मरिगी, Diabetes, Gynecological infections, तो एक प्रोफेशनल मसाज थेरेपिस्ट होने के नाते आपका दायित्व बनता है, therapy को शुरू करने से पहले यहां पर बताया गया लक्षणों के बारे में पता करना।



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THANK YOU!