

SWEDISH MASSAGE

Swedish massage is the most commonly offered and best known type of massage. It was developed by a Swedish physiotherapist.

BENEFITS OF SWEDISH MASSAGE :

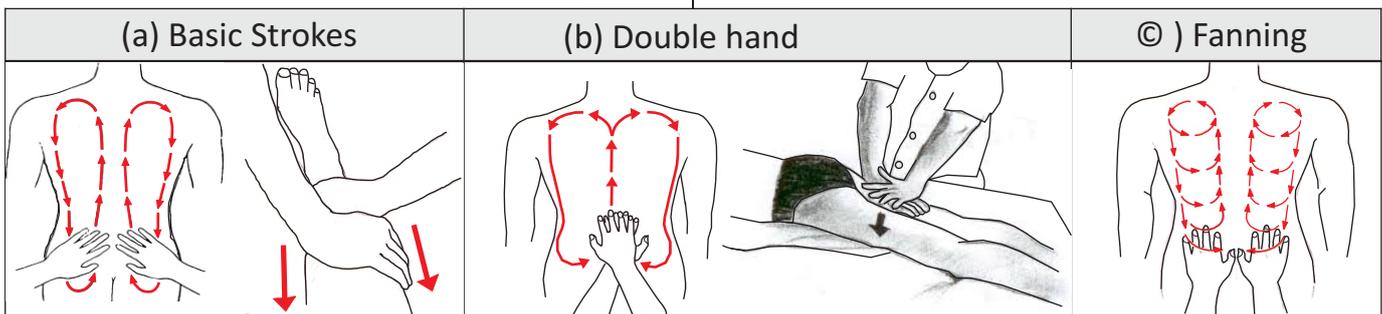
Swedish massage feels good, is relaxing. It affects the nerves, muscles and circulation. It can:

- ❖ Relax muscles,
- ❖ Improve circulation,
- ❖ Increase range of motion over the joints,
- ❖ Relieve pain and discomfort,
- ❖ Help reduce emotional and physical stress.

Types of Strokes :

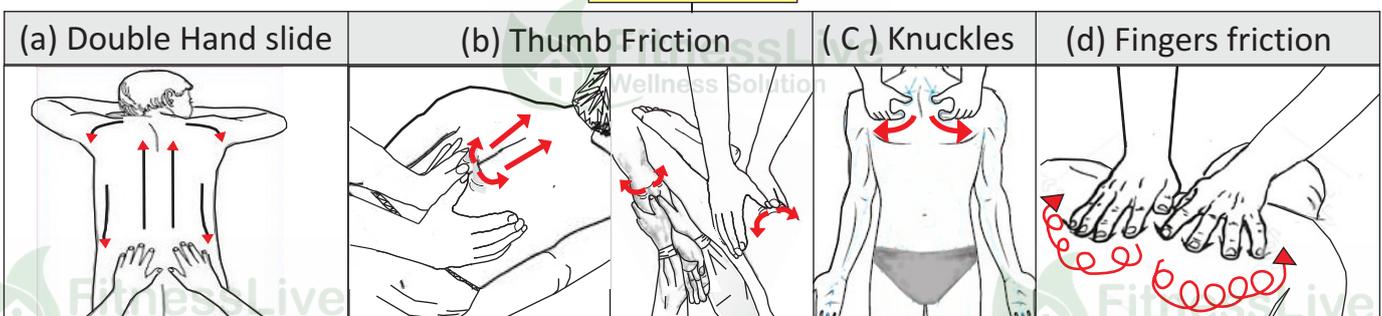
- 1 . EFFLEURAGE 2. FRICTION 3. PETRISSAGE 4. TAPOTEMENT 5. VIBRATION**

Effleurage



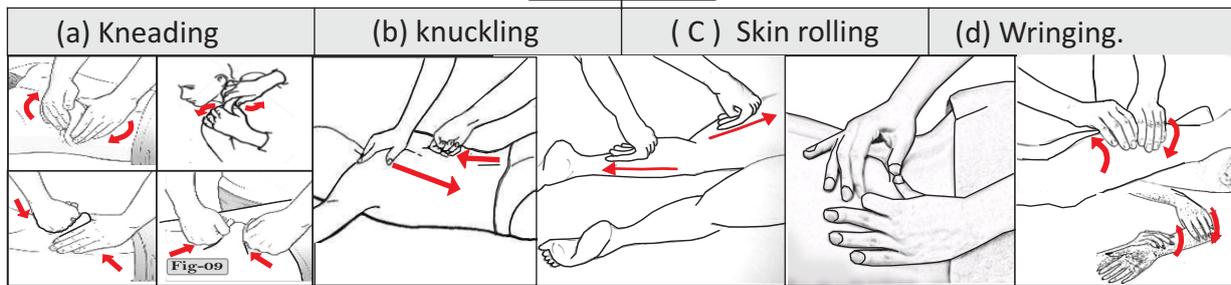
Place both hands on the part of the body that is closest to you. Glide toward the center of the body toward the heart with gradually deepening pressure. Apply oil before you assess the tissue or after. Return hands to start and keep contact with the body. Repeat.

Friction



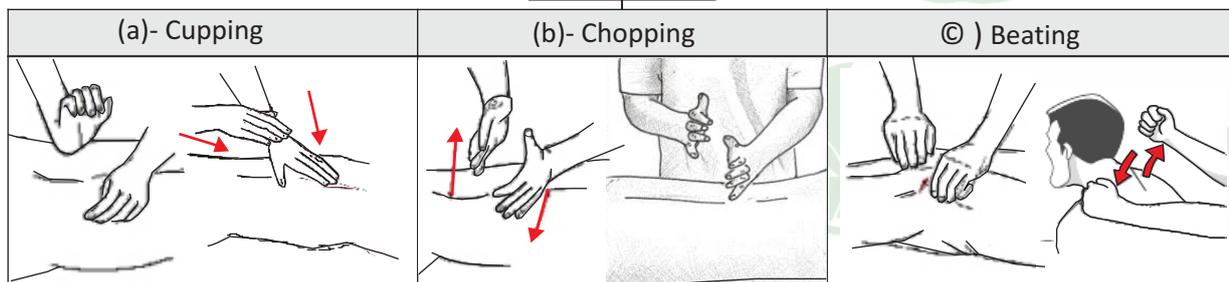
This move seeks to create heat to bring about relaxation of the muscles. The palms of the hand are rubbed together vigorously with each other, or they are rubbed onto the skin of the person being massaged in order to produce heat by friction. This technique can be used as a warm up for the muscles of the body to be treated for deeper massage.

Petrissage



Petrissage is designed to release muscle tension, improve blood flow. Pick, press slide and release. The rhythmic strokes created movement and increases pressure in the muscle whereby pushing the lymph into the lymphatic ducts and helping to flush out the toxins. It involves lifting, rolling, and squeezing the flesh under or between the hands.

Tapotement



The purpose of this stroke is to release the tightness in the muscle which is normally caused after a workout or any activity.

Vibration



It's designed to release muscle tension in small muscle areas, such as those on the face or along the spine.

PRACTICAL PROCEDURE (Total time 60 minutes)

Start in supine position from stomach :	Change over to prone :
Abdomen & Chest (10 min) >> Both Hand (5 min)	>> Back of The Both Legs (10 min) . > Buttocks (5 min)
>> Front of The Both Legs (10 minutes)	>> Upper Back (15 min) >> Final Touch (5 min).
Total = 25 minutes	Total = 35 minutes

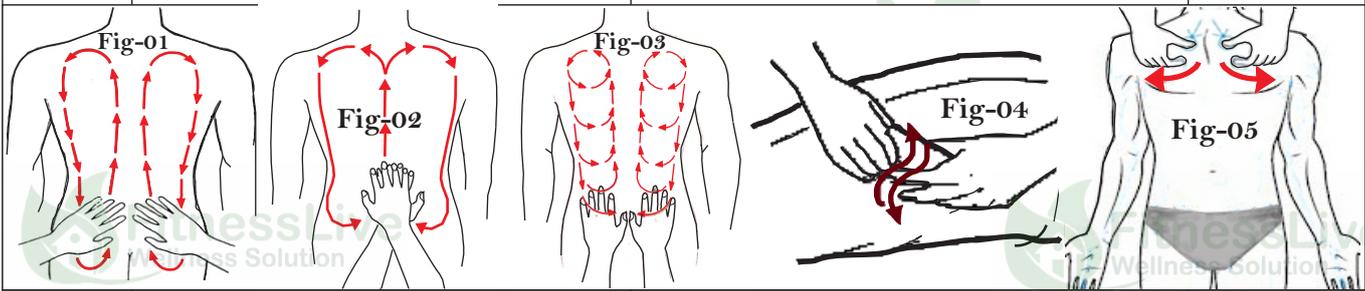
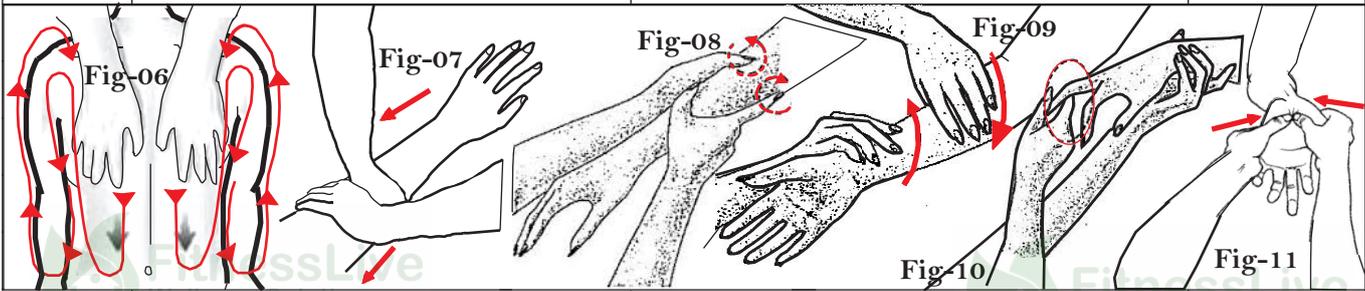
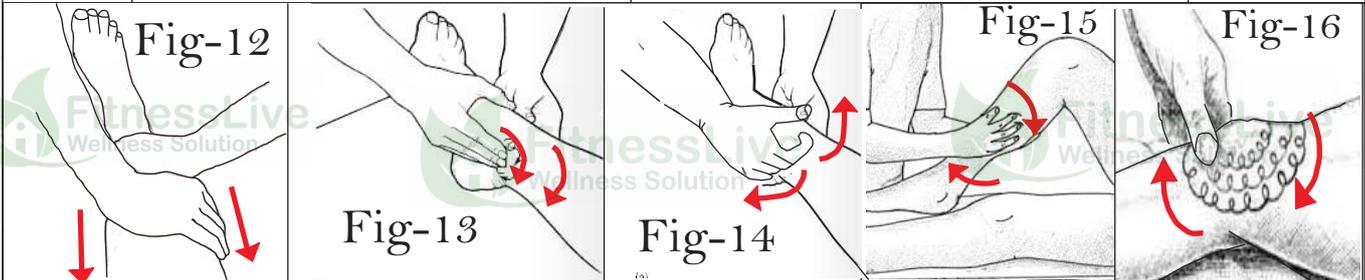
Foot & head is not included.

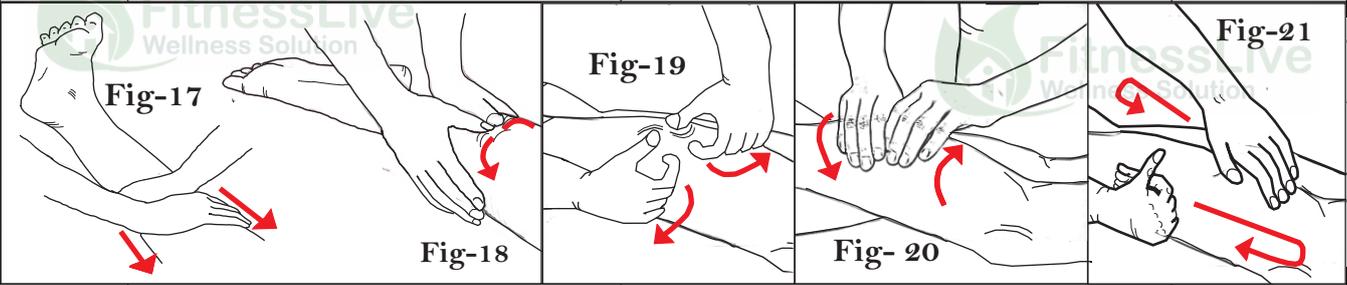
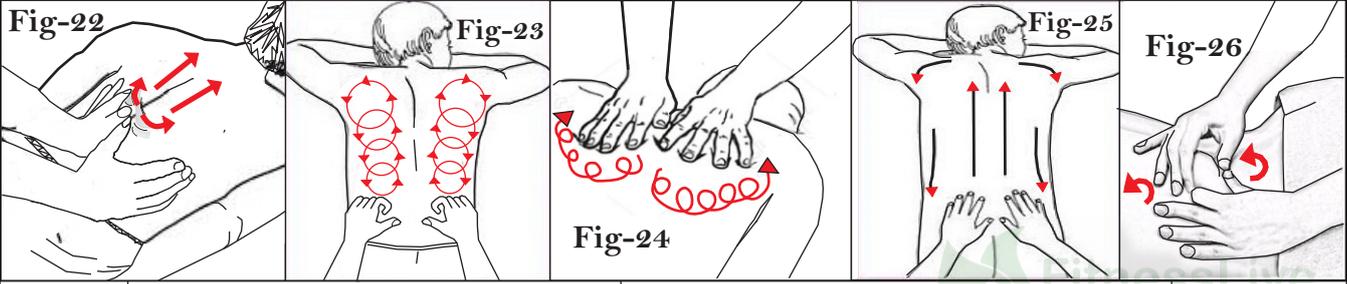
There are three types of contraindication

The following must be avoid	Need to Avoid affected areas	Approved by writing a Physician.
<ol style="list-style-type: none"> 1. Fever 2. Contagious diseases, including any cold or flu. 3. Recent operations or acute injuries. 4. Skin diseases 	<ol style="list-style-type: none"> 1. Varicose veins 2. Pregnancy 3. Cuts 4. Sunburn 5. Inflammation, including arthritis 	<ol style="list-style-type: none"> 1. High blood pressure 2. Osteoporosis 3. Cancer 4. Heart problems, angina, those with pacemakers 5. Epilepsy 6. Diabetes 7. Gynecological infections

SWEDISH MASSAGE PRACTICAL PROCEDURE

Start from Abdomen & Chest area Put Massage oil in the palm of one hand .
Rub both handstogether lightly, Then spread the oil over the Abdomen & Chest Area .

(FRONT) Supine Position			
Sr.No	Massage Area	Stocks Name	Timing
1st	Abdomen & Chest (Down to Up)	Basic + Double hand+Fanning [Fig-1,2,3]	7 Time Each
2nd	Waist (Right Side)	Kneading [Fig-04]	03 Time
3rd	Waist (Left Side)	Kneading [Fig-04]	03 Time
4th	Neck, Shoulder & Chest (Back of the Head)	Thumb Friction [Fig-05]	01 min.
5th	Neck, Shoulder & Chest (Back of the Head)	Knuckle Friction [Fig-05]	01 min.
			
6th	Neck, Shoulder, Chest & Abdomen	Effleurage Back of the Head [Fig- 06]	10 Time
7th	Hand (Right)	Basic Effleurage [Fig- 07]	07 Time
8th	Hand (Right)	Thumb Friction + Wringing [Fig- 08,09]	03 Time
9th	Hand (Right)	Rotation & Thumb Pressing [Fig-10,11]	1 min.
10th	Hand (Left)	Repeat Fig No. as [07,08,09,10,11]	Same
			
11th	Leg (Right)	Effleurage [Fig- 12]	07 Time
12th	Leg (Right)	Thumb Friction [Fig- 13]	03 Time
13th	Leg (Right)	Knuckle [Fig- 14]	02 Time
14th	Leg (Right)	Wringing & Knee Rotation [Fig- 15,16]	03 min
15th	Leg (Left)	Repeat Fig No. as [12,13,14,15,16]	Same
			

(BACK)		Change over to prone	
Sr.No	Massage Area	Stocks Name	Timing
1st	Leg (Left)	Basic Effleurage [Fig- 17]	07 Time
2nd	Leg (Left)	Thumb Friction [Fig- 18]	03 Time
3rd	Leg (Left)	Knuckle Friction [Fig- 19]	02 Time
4th	Leg (Left)	Wringing [Fig- 20]	02 time
5th	Leg (Left)	Knuckling [Fig- 21]	01 min
6th	Leg (Right)	Repeat Fig No. as [17,18,19,20,21]	Same
			
7th	Lower Back to Upper Back	Basic + Double- hand+Fanning [Fig-1,2,3]	7 Time Each
8th	Lower Back to Upper Back	Thumb & Knuckle friction [Fig-22,23]	3 Time Each
9th	Lower Back to Upper Back	Fingers friction Double Hand slide [Fig-24,25]	02 min
10th	Lower Back to Upper Back	Skin Rolling [Fig-26]	04 Time
			
11th	Waist & Shoulder Both Side	Kneading [Fig- 27]	01 min.each
12th	Lower Back to Upper Back	Knuckling [Fig- 28]	02 min.
13th	Neck + Shoulder + Back	Effleurage (Back of the Head) [Fig- 29]	20 Time
14th	Shoulder to Leg	Vibration [Fig- 30]	02 min
15th	Shoulder to Leg [Fig- 31,32,33]	Cupping + Chopping + Beating	2 Time Each
